

WEIDER®

PRO

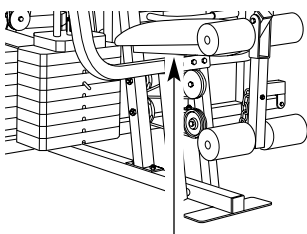
9645™

Class HC Fitness Product

Model No. WEEVSY62000

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

0345-089009

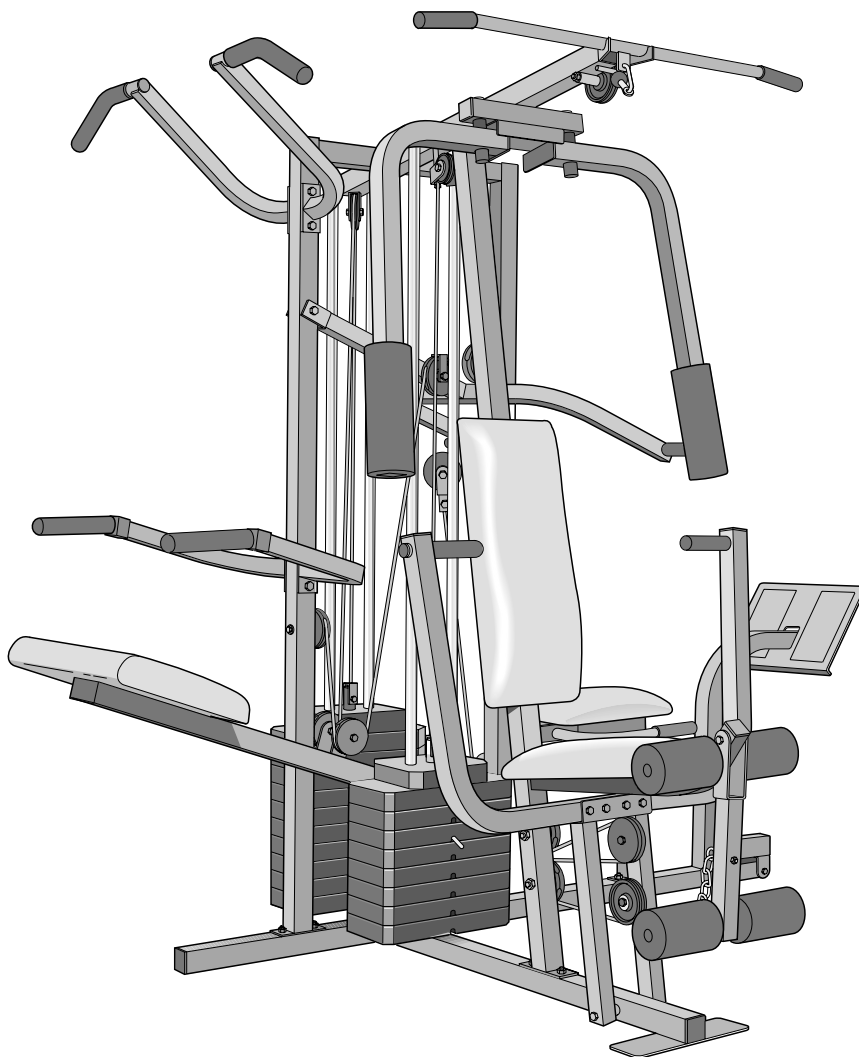
Or WRITE:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weiderfitness.com

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
2. Read all instructions in this manual before using the home gym system.
3. Use the home gym system only on a level surface. Cover the floor beneath the home gym system to protect of the floor.
4. Inspect and tighten all parts often. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the home gym system at all times.
6. Never release the press arm, butterfly arms, military press arm, leg lever, leg press plate, lat bar or nylon strap when weights are raised. The weights will fall with great force.
7. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection.
8. Keep your hands away from the assist upright when the assist arm is being used. Your hand could become pinched between the assist upright and the assist arm.
9. Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.
10. Inspect all cables before each use. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys. Replace all cables every two years.
11. Always be sure that your body weight is fully supported by the dip arms or the pull-up arms before kneeling on the assist arm. The assist arm can drop quickly when your body weight is placed on it.
12. Keep your hands away from the leg press upright when the military press arm is being used. Your hand could become pinched between the leg press upright and the military press arm.
13. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
14. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
15. The decals shown at the right (1) and below (2) have been attached to the home gym system in the locations shown on page 4. If a decal is missing or illegible, please call 0345-089009 to order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around
- Replace label if damaged, illegible, or removed.
- This equipment is not to be used by more than one person at a time.

⚠ WARNING
Keep hands and fingers clear of this area.



Max. user weight/ Max. Körpergewicht
250 lbs. / 113 kgs.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

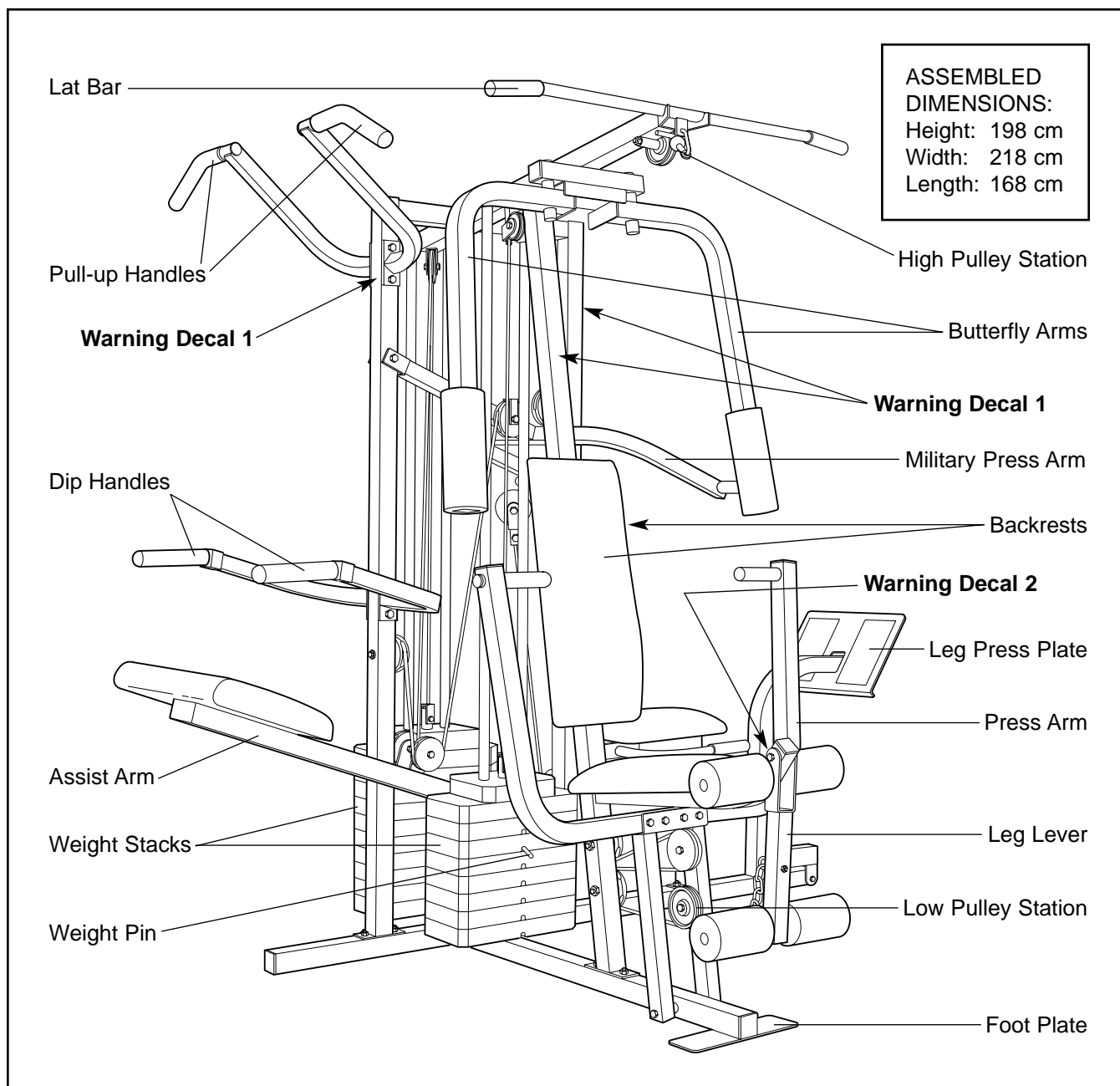
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 9645 home gym system. The PRO 9645 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the PRO 9645 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9645. If you have additional

questions, please call our Customer Service Department. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY62000. The serial number can be found on a decal attached to the home gym system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.




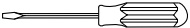
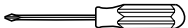

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the home gym system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open the parts bag labelled for that assembly stage.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the centre of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

- As you assemble the home gym system be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two adjustable spanners** 
- **One standard screwdriver** 
- **One phillips screwdriver** 
- **One rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

FRAME ASSEMBLY

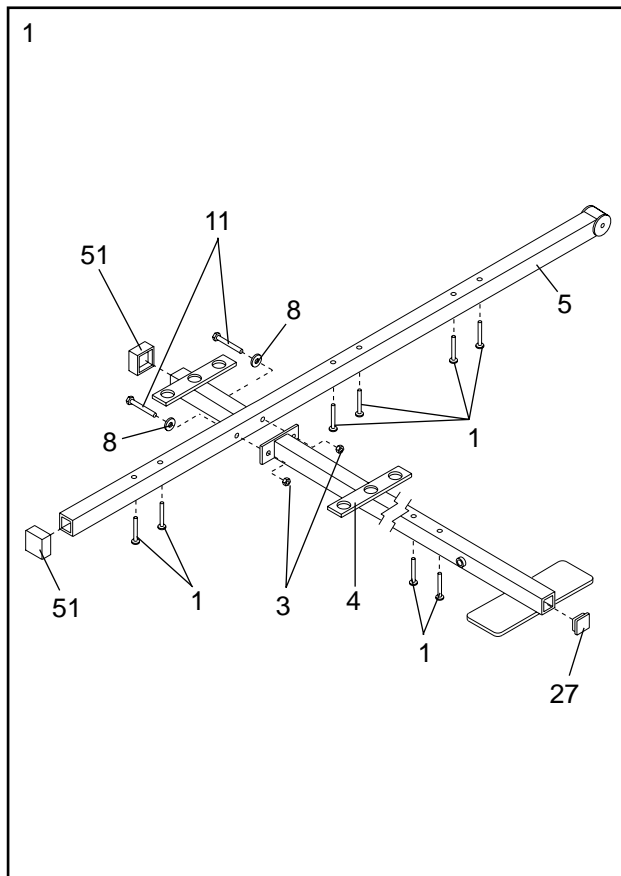
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Locate and open the parts bag labelled "FRAME ASSEMBLY."

Press two 2" Square Outer Caps (51) onto the Stabiliser (5). Press a 2" Square Inner Cap (27) into the Base (4).

Insert six 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabiliser (5). Insert two 5/16" x 2 1/2" Carriage Bolts up through the Base (4).

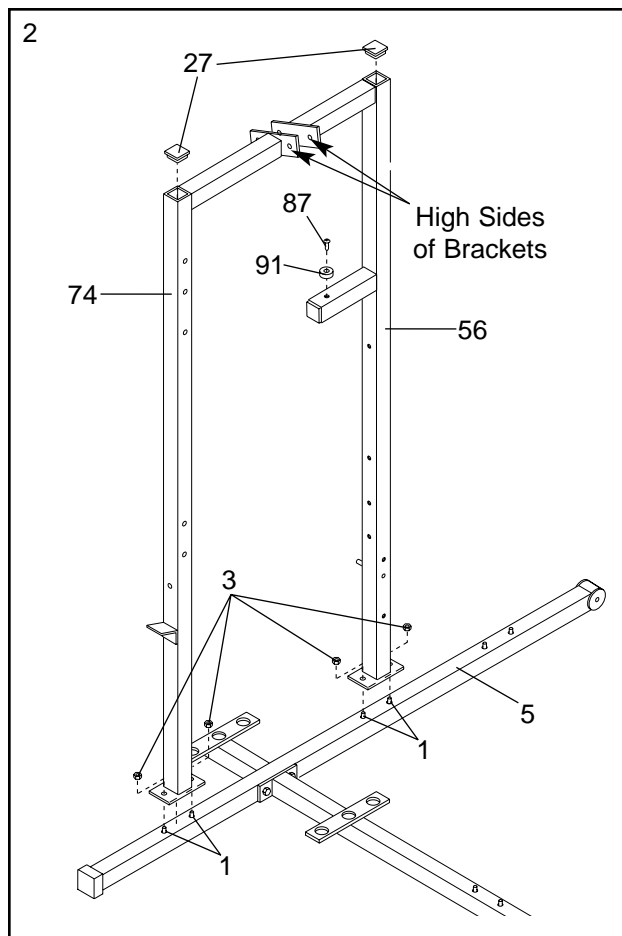
Attach the Base (4) to the Stabiliser (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**



2. Slide the Assist Upright (74) and the Leg Press Upright (56) onto the indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Stabiliser (5). **The high side of the brackets on the Assist Upright and Leg Press Upright should be on the side shown. Hand tighten four 5/16" Nylon Locknuts (3) onto the Carriage Bolts. Do not tighten the Nylon Locknuts yet.**

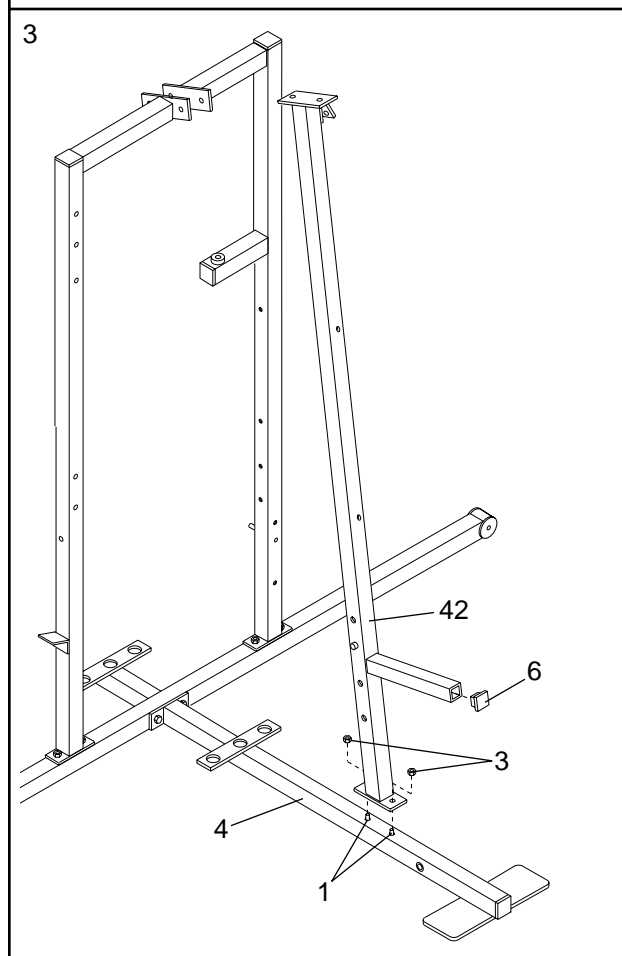
Press a 2" Square Inner Cap (27) into the Leg Press Upright (56). Press a 2" Square Inner Cap into the Assist Upright (74).

Attach a Rubber Bumper (91) to the Leg Press Upright (56) with a #8 x 1/2" Self-tapping Screw (87).



3. Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

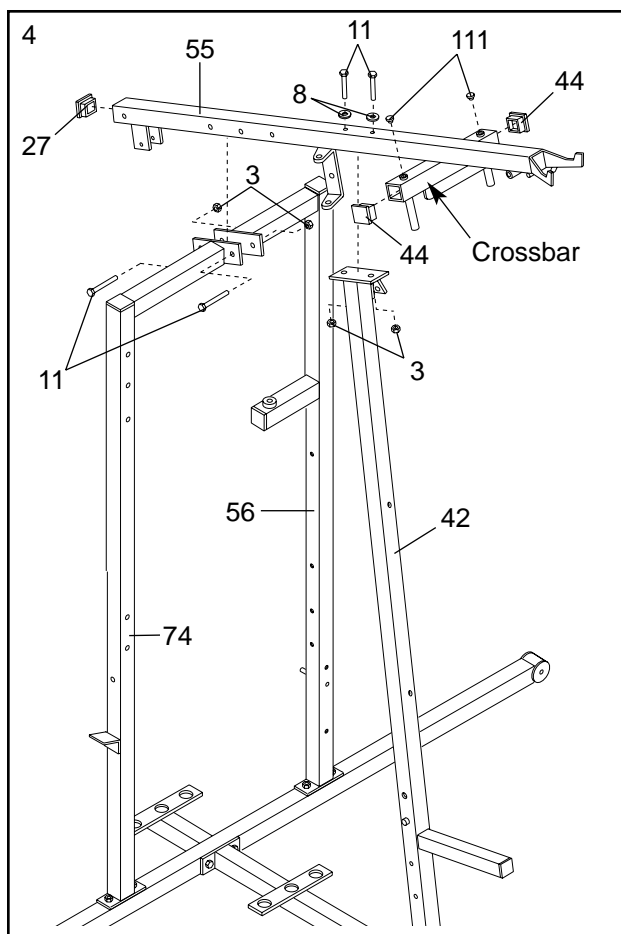
Press a 1" Square Inner Cap (6) into the Front Upright (42).



4. Press a 2" Square Inner Cap (27) into the end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two Round Inner Caps (111) into the top of the crossbar.

Attach the Top Frame (55) to the Assist Upright (74) and the Leg Press Upright (56) with two 5/16" x 2 3/4" Bolts (11) and two 5/16" Nylon Locknuts (3).

Attach the Top Frame (55) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3).



5. Slide the Rear Seat Frame (100) onto the indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Stabiliser (5). Hand tighten two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Attach the other end of the Rear Seat Frame (100) to the Leg Press Upright (56) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3).

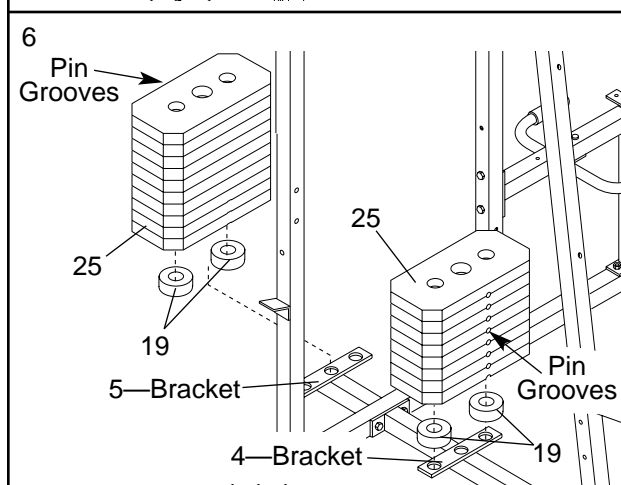
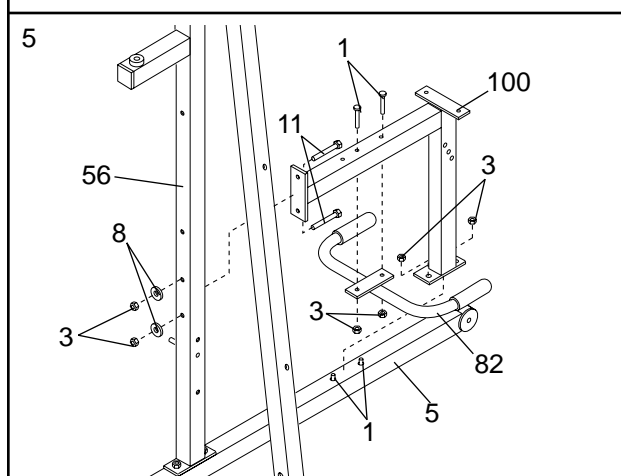
Attach the Handle (82) to the Rear Seat Frame (100) with two 5/16" x 2 1/2" Carriage Bolts (1) and two 5/16" Nylon Locknuts (3).

Tighten all Nylon Locknuts (3) used in steps 1-5.

6. Set two Weight Bumpers (19) on the bracket on the Base (4) as shown. Set two Weight Bumpers on the bracket on the Stabiliser (5).

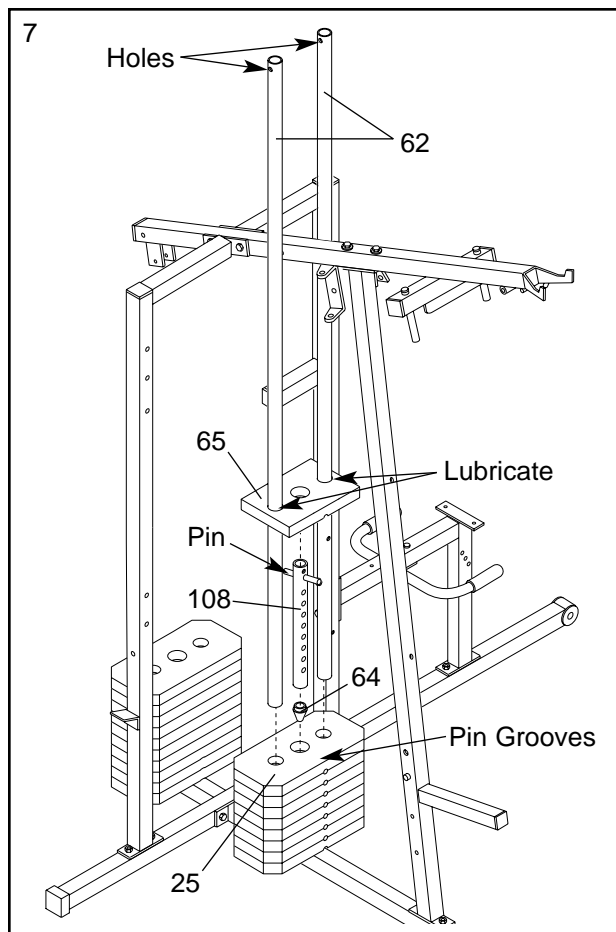
Stack ten Weights (25) onto the bracket on the Stabiliser (5). Stack eight Weights onto the bracket on the Base (4). **Be sure that the pin grooves are all on the same side of each stack of Weights.**

Be careful not to tip either stack of Weights (25) until step 8 is complete.



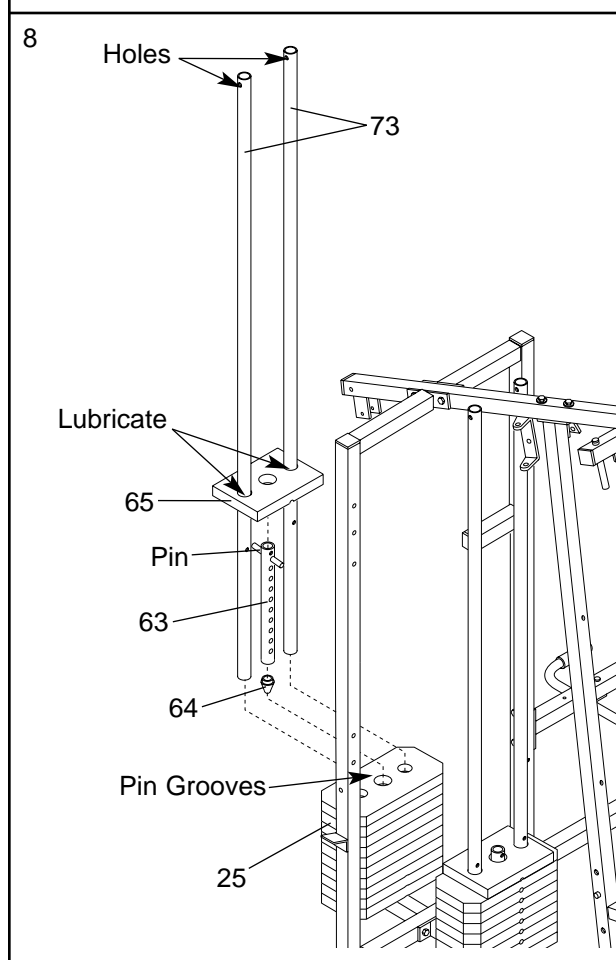
7. Press a Weight Tube Bumper (64) into the end of the Short Weight Tube (108). Insert the Weight Tube into the front stack of Weights (25). **Be sure that the pin on the Weight Tube is sitting in the pin grooves in the top Weight.**

Lubricate the inside of the holes in a Top Weight (65). Set the Top Weight onto the front stack of Weights (25). Insert both Long Weight Guides (62) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



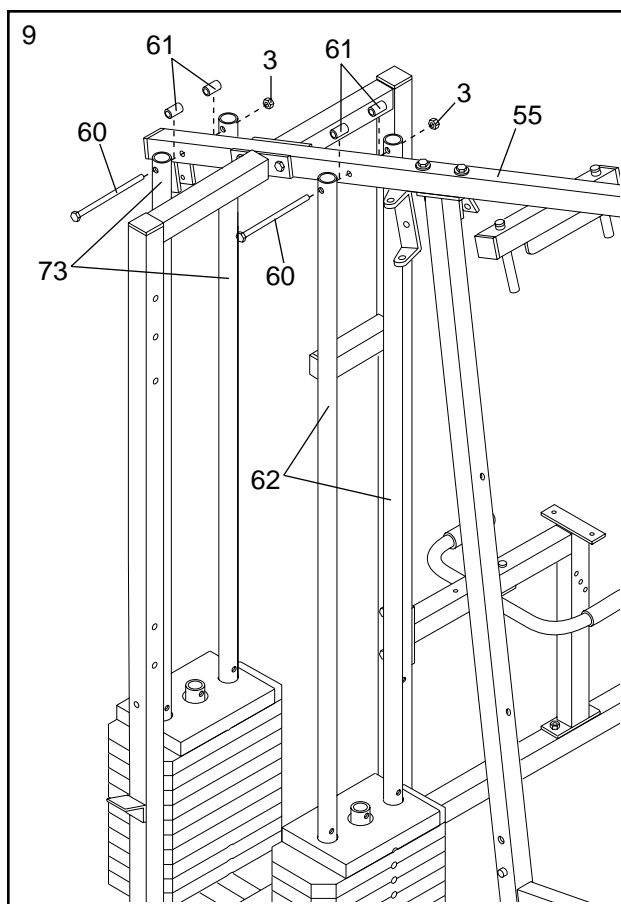
8. Press a Weight Tube Bumper (64) into the end of the Long Weight Tube (63). Insert the Weight Tube into the rear stack of Weights (25). **Be sure that the pin on the Weight Tube is sitting in the pin grooves in the top Weight.**

Lubricate the inside of the holes in the other Top Weight (65). Set the Top Weight onto the rear stack of Weights (25). Insert both Short Weight Guides (73) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



9. Attach the upper ends of the Short Weight Guides (73) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

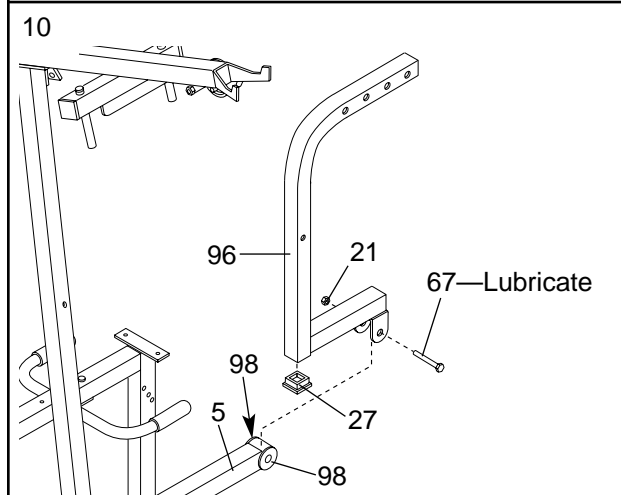
Attach the upper ends of the Long Weight Guides (62) to the Top Frame (55) in the same manner.



10. Locate and open the parts bag labelled "ARM ASSEMBLY."

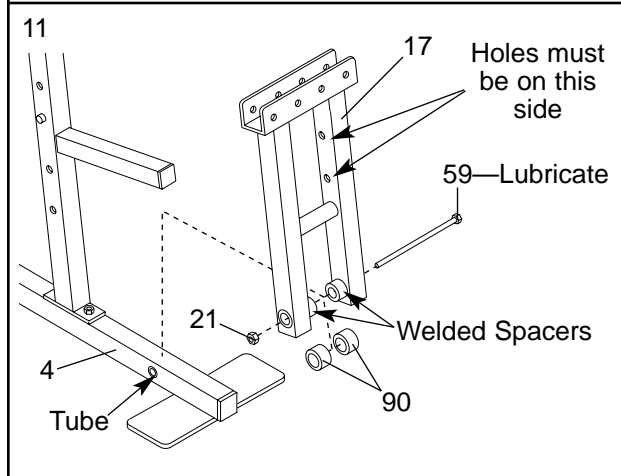
Press one 2" Square Inner Cap (27) into the end of the Leg Press Arm (96). Be sure there is a Bushing (98) in each side of the Stabiliser (5).

Lubricate a 3/8" x 3 1/4" Bolt (67). Attach the Leg Press Arm (96) to the Stabiliser (5) with the Bolt and a 3/8" Nylon Locknut (21). **Do not over-tighten the Nylon Locknut; the Leg Press Arm must be able to pivot freely.**



11. Press a 1" x 7/8" Plastic Bushing (90) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit on each end of the indicated tube in the Base. Make sure that the holes are on the side shown.**

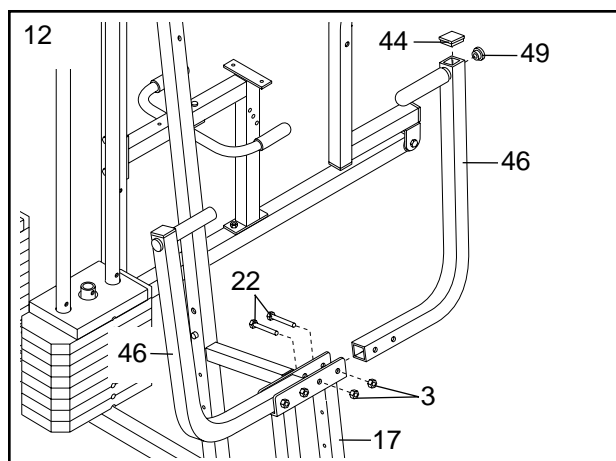
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the Bolt and a 3/8" Nylon Locknut (21).



12. Press a 1" Round Inner Cap (49) into one of the Press Arms (46). Press a 1 3/4" Square Inner Cap (44) into the Press Arm.

Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

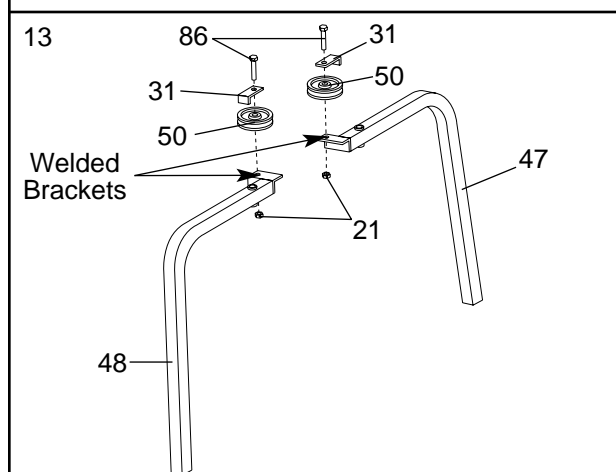
Assemble the other Press Arm (46) in the same manner.



13. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 14.**

Attach a "V"-Pulley (50) and a Long Cable Trap (31) to the Right Arm (48) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21). **Do not tighten the Nylon Locknut yet.**

Attach a "V"-Pulley (50) and a Long Cable Trap (31) to the Left Arm (47) in the same manner.



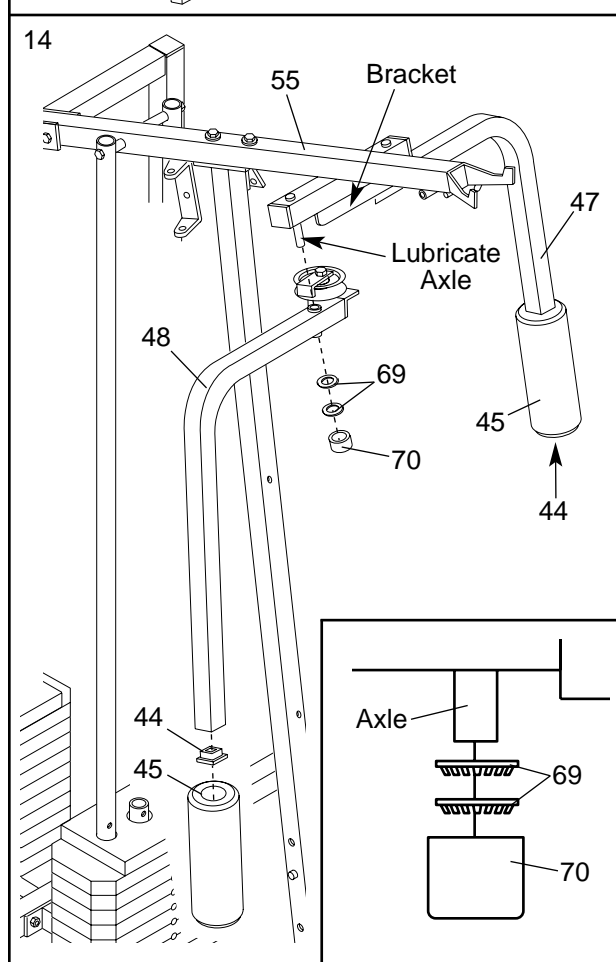
14. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 13 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the axle. **Make sure that the teeth on the Retainers bend toward the Round Cover Cap, as shown in the inset drawing. If the Retainers need to be removed, new ones will have to be ordered.**

Attach the Left Arm (47) in the same manner.

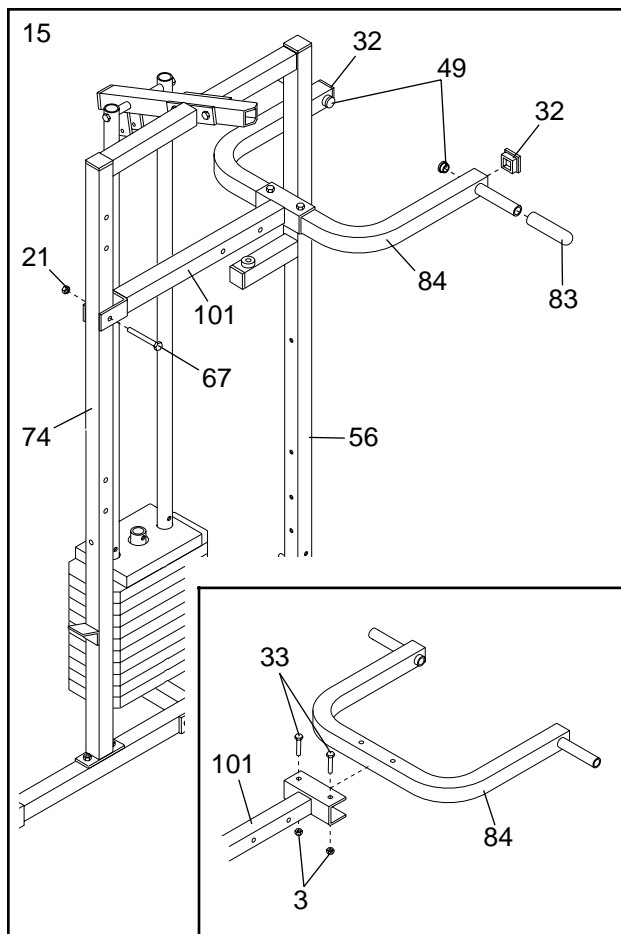
Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.



15. See the inset drawing. Attach the Military Press Arm (84) to the Pivot Arm (101) with two 5/16" x 2 1/4" Bolts (33) and two 5/16" Nylon Locknuts (3).

Press two 1 1/2" Square Inner Caps (32) into the Military Press Arm (84). Press two 1" Round Inner Caps (49) into the Military Press Arm. Slide two 5" Plastic Handgrips (83) onto the Military Press Arm.

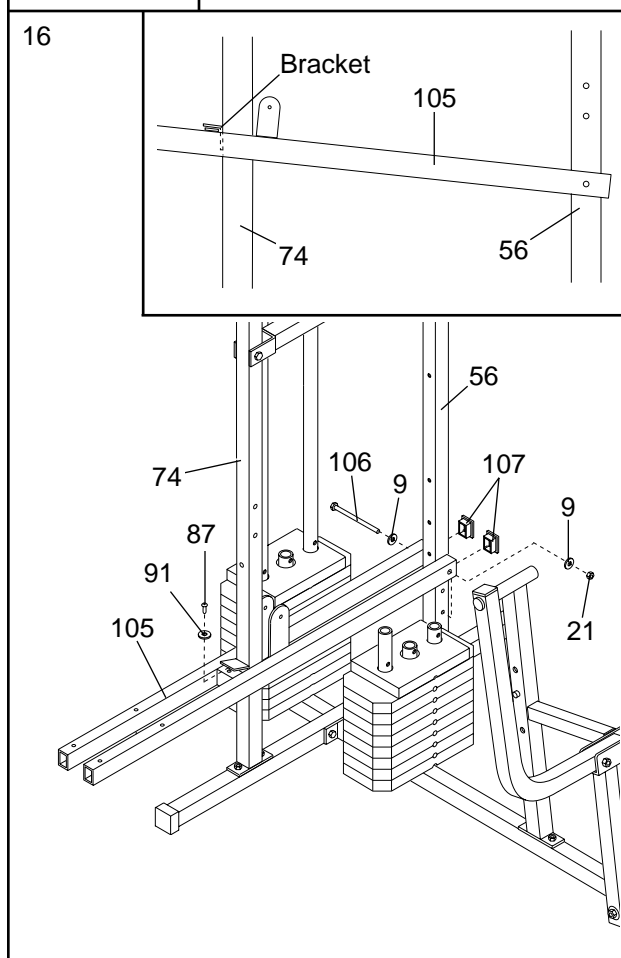
Attach the Pivot Arm (101) to the Assist Upright (74) with a 3/8" x 3 1/4" Bolt (67) and a 3/8" Nylon Locknut (21).



16. Press two 1" x 2" Inner Caps (107) into the Assist Arm (105).

Attach a Rubber Bumper (91) to the indicated hole in the Assist Arm (105) with a #8 x 1/2" Self-tapping Screw (87).

Attach the Assist Arm (105) to the Leg Press Upright (56) with a 3/8" x 6" Bolt (106), two 3/8" Flat Washers (9), and a 3/8" Nylon Locknut (21). **See the inset drawing. The Assist Arm must be attached to the lowest hole in the Leg Press Upright (56). The Assist Arm must also be below the welded bracket on the Assist Upright (74).**



17. Attach the Left Pull-up Arm (75) and the Right Pull-up Arm (77) to the Assist Upright (74) with two 5/16" x 2 3/4" Bolts (11) and two 5/16" Nylon Locknuts (3).

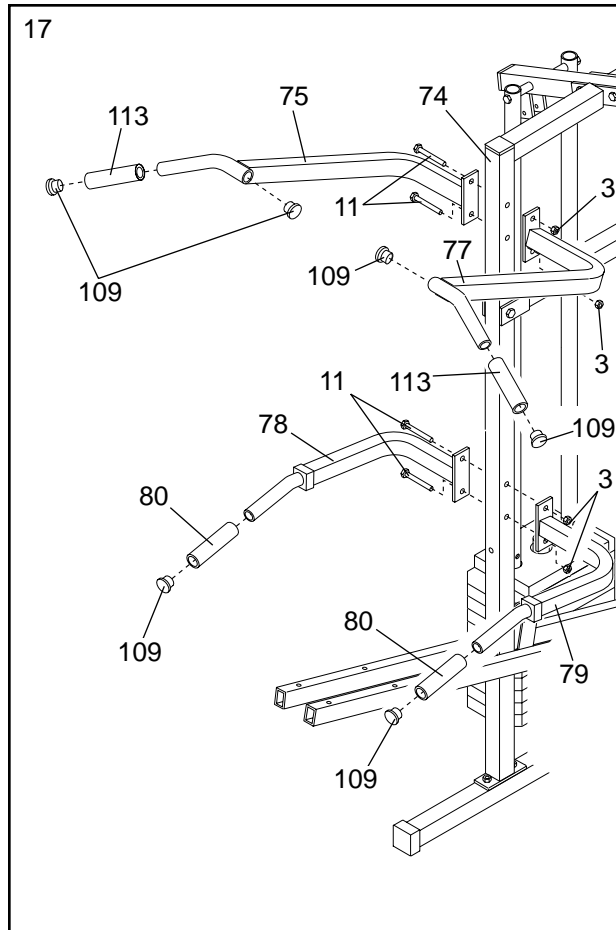
Attach the Left Dip Arm (78) and the Right Dip Arm (79) to the Assist Upright (74) with two 5/16" x 2 3/4" Bolts (11) and two 5/16" Nylon Locknuts (3).

Wet the end of the Left Pull-up Arm (75) with soapy water. Slide a Short Handgrip (113) onto the Left Pull-up Arm. Repeat with the Right Pull-up Arm (77).

Wet the end of the Left Dip Arm (78) with soapy water. Slide a Long Handgrip (80) onto the Left Dip Arm. Repeat with the Right Dip Arm (79).

Press two 1 1/4" Round Inner Caps (109) into the Left Pull-up Arm (75) and into the Right Pull-up Arm (77).

Press a 1 1/4" Round Inner Cap (109) into the Left Dip Arm (78) and the Right Dip Arm (79).

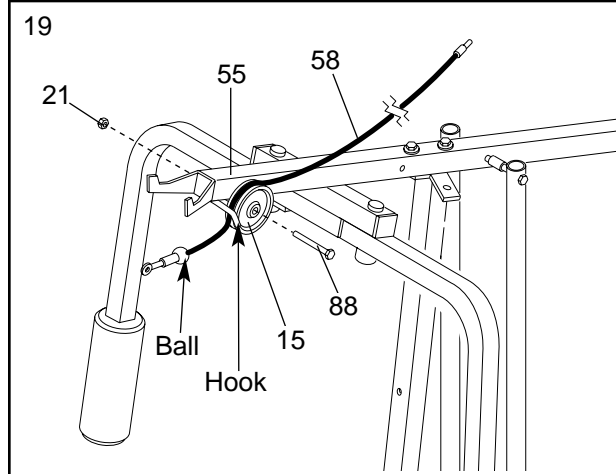
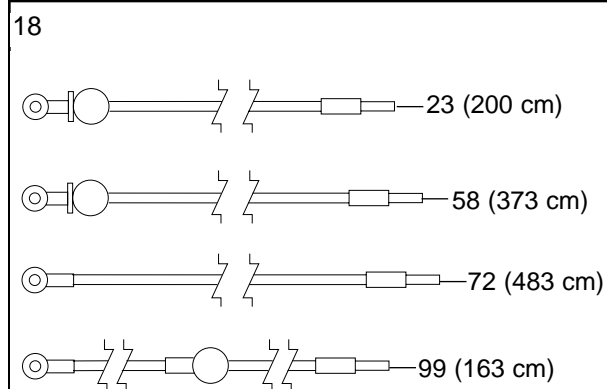


18. Locate and open the parts bags labelled "CABLE ASSEMBLY" and "PULLEYS."

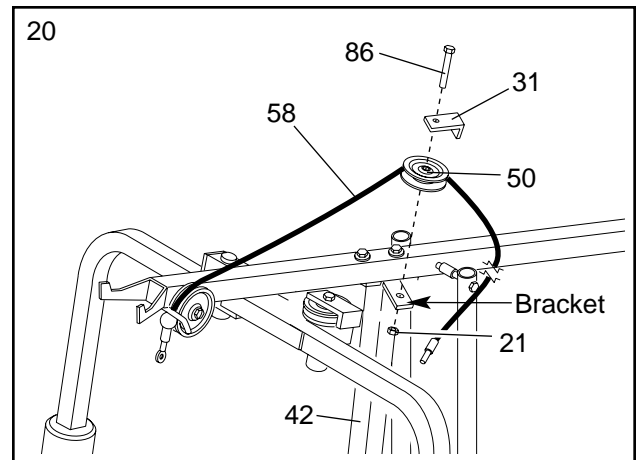
During steps 19 through 39, refer to the CABLE DIAGRAMS on page 27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the four Cables. Identify the four Cables by comparing the lengths and ends of the Cables. The approximate length of each Cable is listed after the key number in the drawing.

IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.

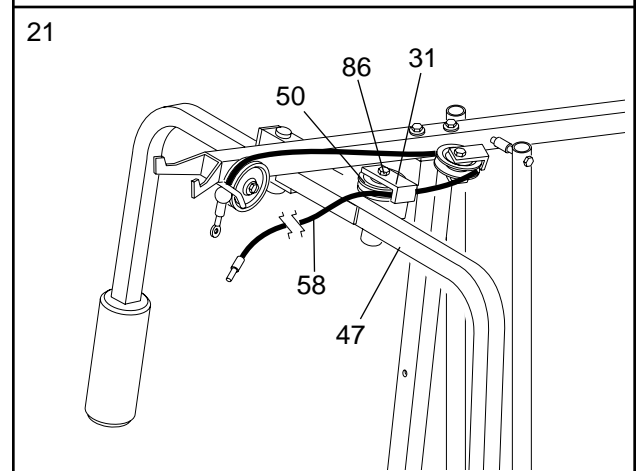
19. Locate the High Cable (58). Wrap the High Cable around a 3 1/2" Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8" x 3 3/4" Bolt (88) and a 3/8" Nylon Locknut (21). Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.



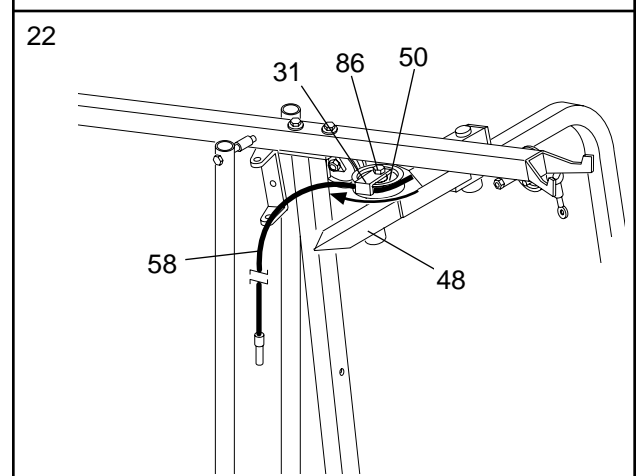
20. Wrap the High Cable (58) around a "V"-Pulley (50). Attach the "V"-Pulley and a Long Cable Trap (31) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



21. Route the High Cable (58) around the "V"-Pulley (50) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (86) and the 3/8" Nylon Locknut (not shown).

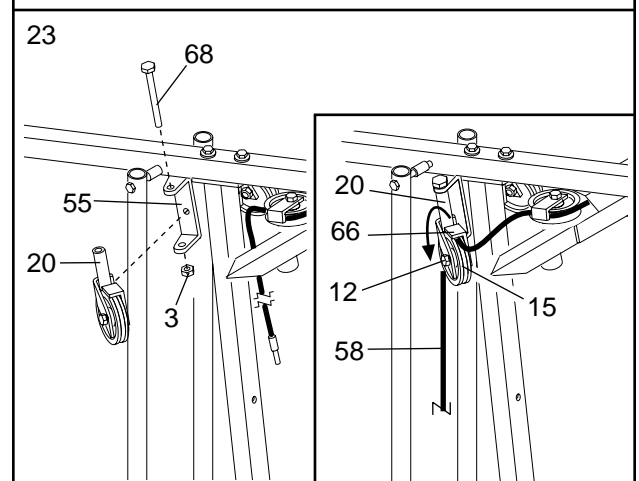


22. Route the High Cable (58) around the "V"-Pulley (50) on the Right Arm (48). **Be sure that the Cable is in the groove of the "V"-Pulley and that the Long Cable Trap (31) is turned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (86) and the 3/8" Nylon Locknut (not shown).

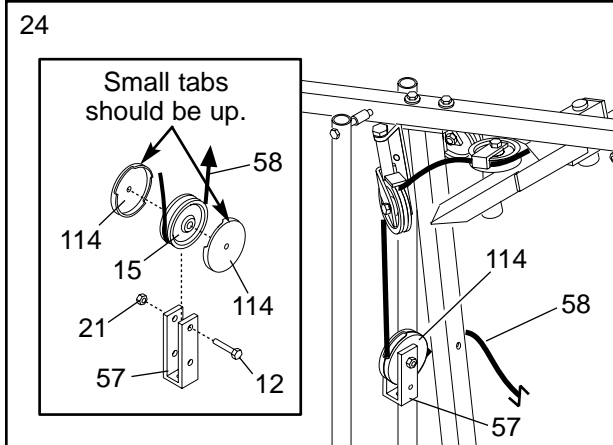


23. Attach the Pulley Bracket (20) to the Top Frame (55) with the 5/16" x 5" Bolt (68) and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Pulley Bracket must be able to move freely.**

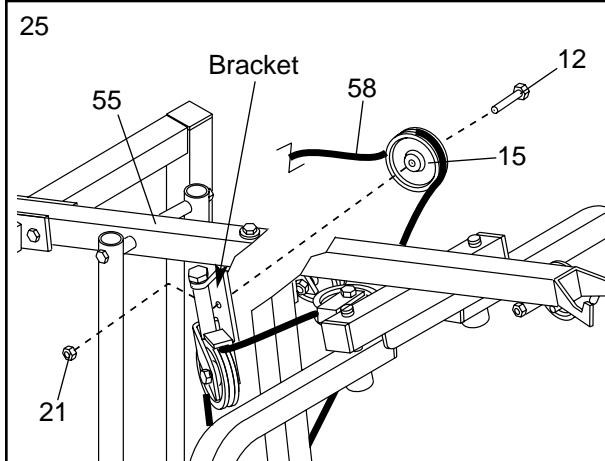
See the inset drawing. Route the High Cable (58) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). Tighten the 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (not shown). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.**



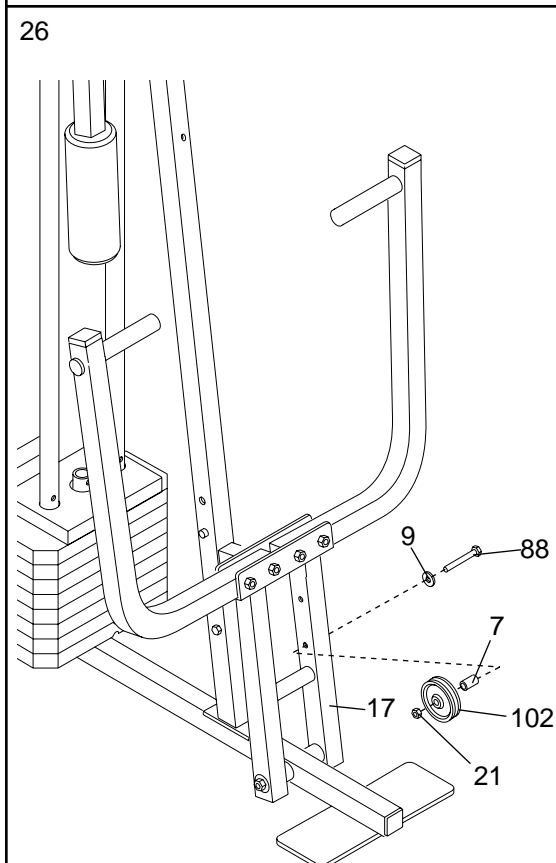
24. See the inset drawing. Wrap the High Cable (58) around a 3 1/2" Pulley (15). Attach the Pulley and a set of Pulley Covers (114) to the upper hole in a Long "U"-Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Note: This may be pre-assembled. Be sure that the small tabs on the Pulley Covers are in the position shown and that the Cable and Pulley move smoothly.**



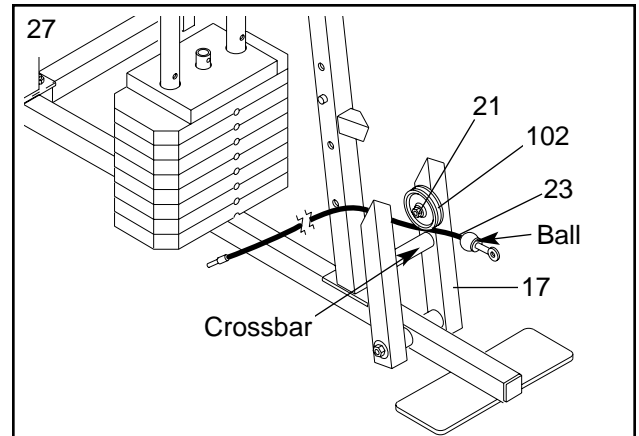
25. Wrap the High Cable (58) around a 3 1/2" Pulley (15). Attach the Pulley to the bracket on the Top Frame (55) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



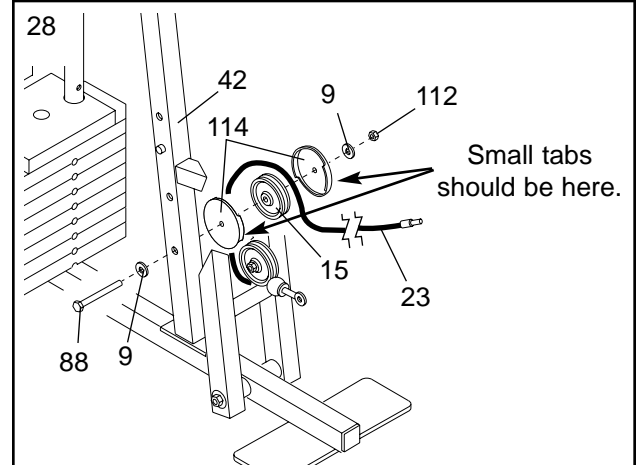
26. Slide a 3/8" Flat Washer (9) onto a 3/8" x 3 3/4" Bolt (88). Insert the Bolt through the lower hole in the Press Frame (17). Attach the 5/8" x 9/16" Spacer (7) and the 3 1/2" Low Pulley (102) to the Bolt with a 3/8" Nylon Locknut (21). **Do not tighten the Nylon Locknut yet. Be sure that the Bolt, the Flat Washer, the Spacer, the Low Pulley, and the Nylon Locknut are oriented as shown.**



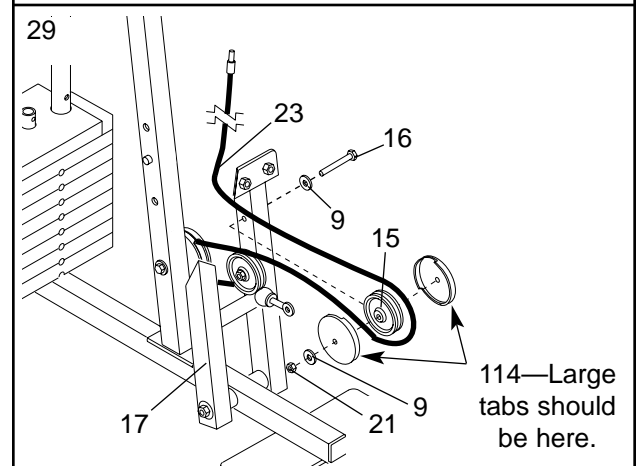
27. **Locate the Low Cable (23).** Route the Low Cable under the 3 1/2" Low Pulley (102). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (not shown).



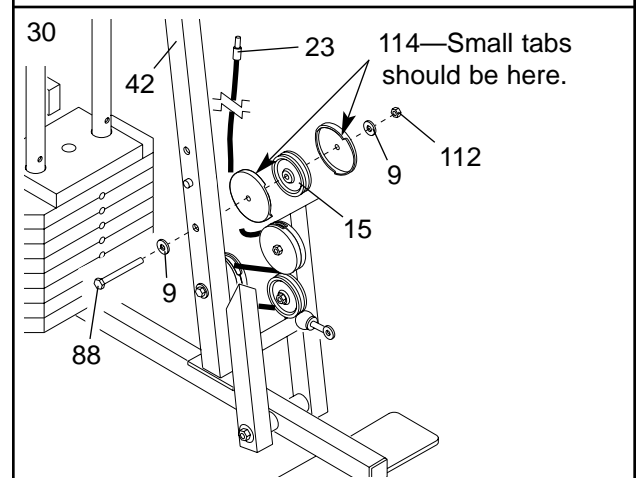
28. Wrap the Low Cable (23) around the 3 1/2" Pulley (15). Attach the Pulley, a set of Pulley Covers (114), and two 3/8" Flat Washers (9) to the lower hole in the Front Upright (42) with a 3/8" Nylon Jam Nut (112) and a 3/8" x 3 3/4" Bolt (88). **Be sure the small tabs on the Pulley Covers are in the indicated position.**



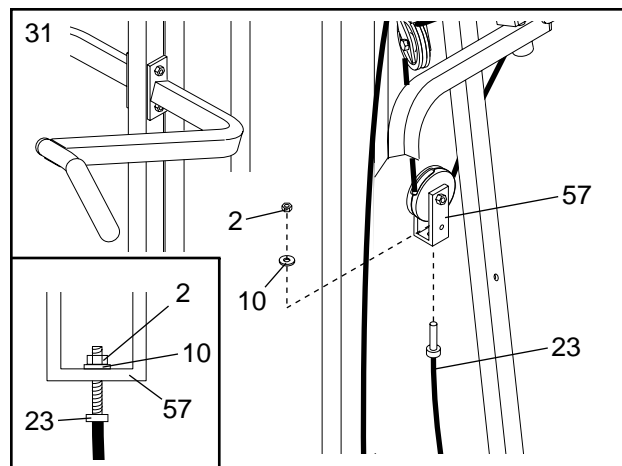
29. Wrap the Low Cable (23) around a 3 1/2" Pulley (15). Attach the Pulley, a set of Pulley Covers (114), and two 3/8" Flat Washers (9) to the upper hole in the Press Frame (17) with a 3/8" Nylon Locknut (21) and a 3/8" x 3 1/2" Bolt (16). **Be sure that the large tabs on the Pulley Covers are in the position shown.**



30. Wrap the Low Cable (23) around the 3 1/2" Pulley (15). Attach the Pulley, a set of Pulley Covers (114), and two 3/8" Flat Washers (9) to the upper hole in the Front Upright (42) with a 3/8" Nylon Jam Nut (112) and a 3/8" x 3 3/4" Bolt (88). **Be sure the small tabs on the Pulley Covers are in the indicated position.**

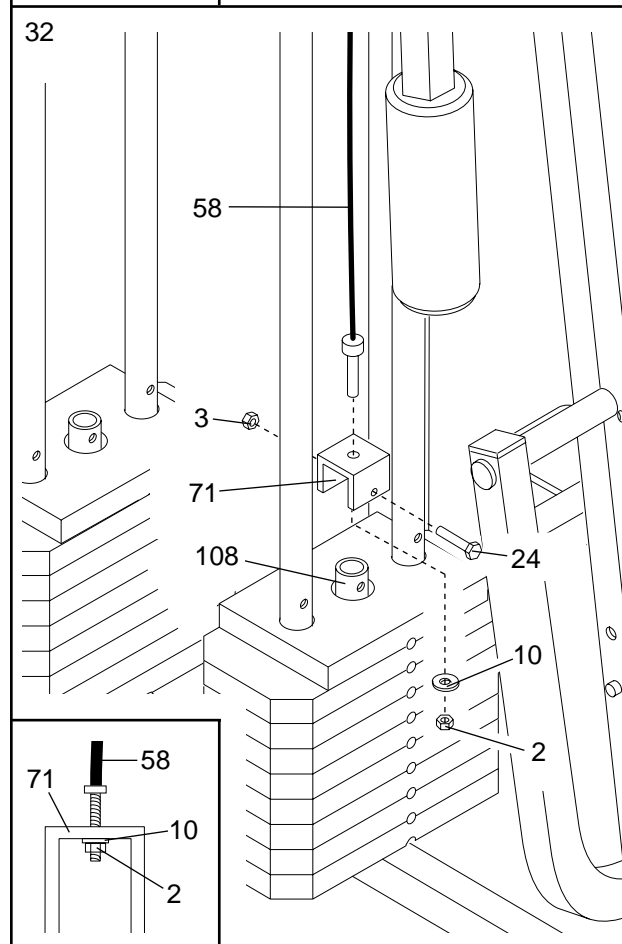


31. Attach the end of the Low Cable (23) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**



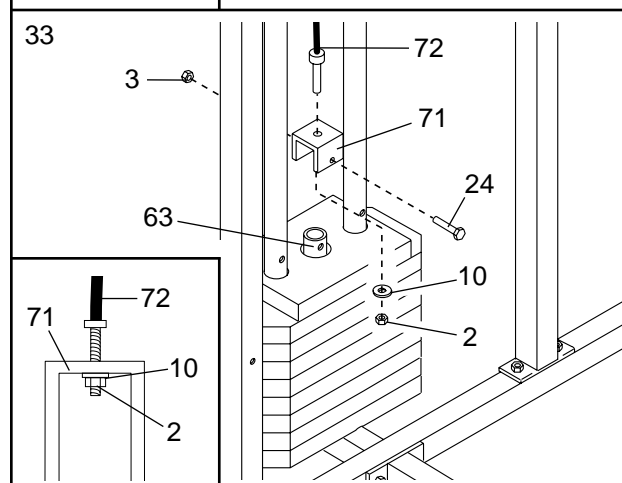
32. Attach the High Cable (58) to a Small "U"-Bracket (71) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small "U"-Bracket (71) to the Short Weight Tube (108) with a 5/16" x 1 3/4" Bolt (24) and a 5/16" Nylon Locknut (3).



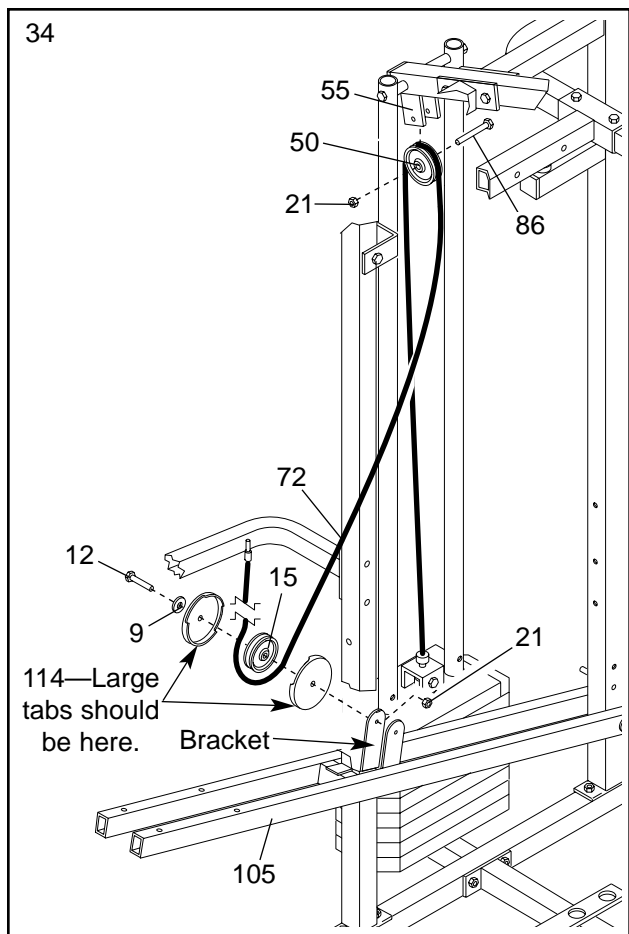
33. **Locate the Military Press Cable (72).** Attach the Military Press Cable to the other Small "U"-Bracket (71) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small "U"-Bracket (71) to the Long Weight Tube (63) with a 5/16" x 1 3/4" Bolt (24) and a 5/16" Nylon Locknut (3).



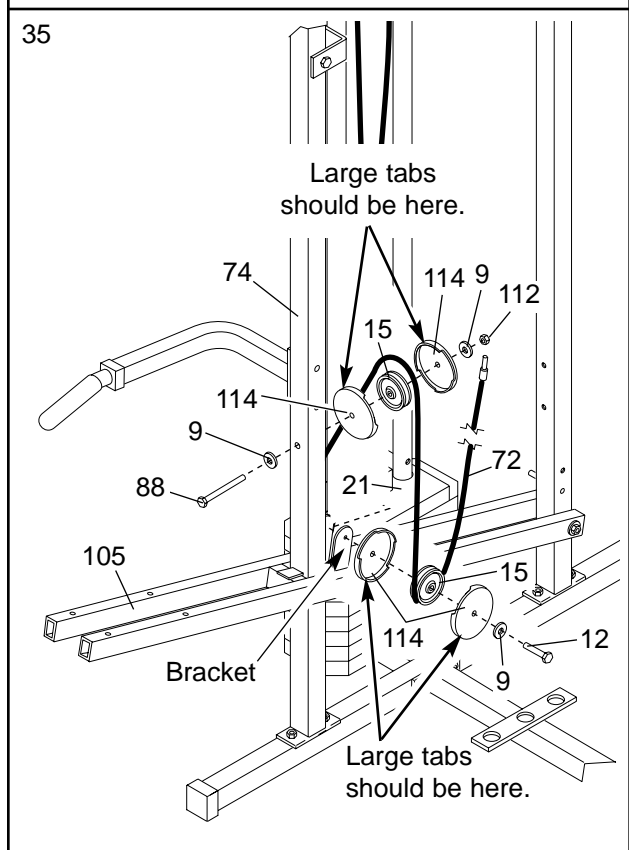
34. Wrap the Military Press Cable (72) around a "V"-Pulley (50). Attach the "V"-Pulley to the Top Frame (55) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21).

Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley, a set of Pulley Covers (114), and a 3/8" Flat Washer (9) to the indicated bracket on the Assist Arm (105) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the large tabs on the Pulley Covers are in the location shown and that the Cable and Pulley move smoothly.**



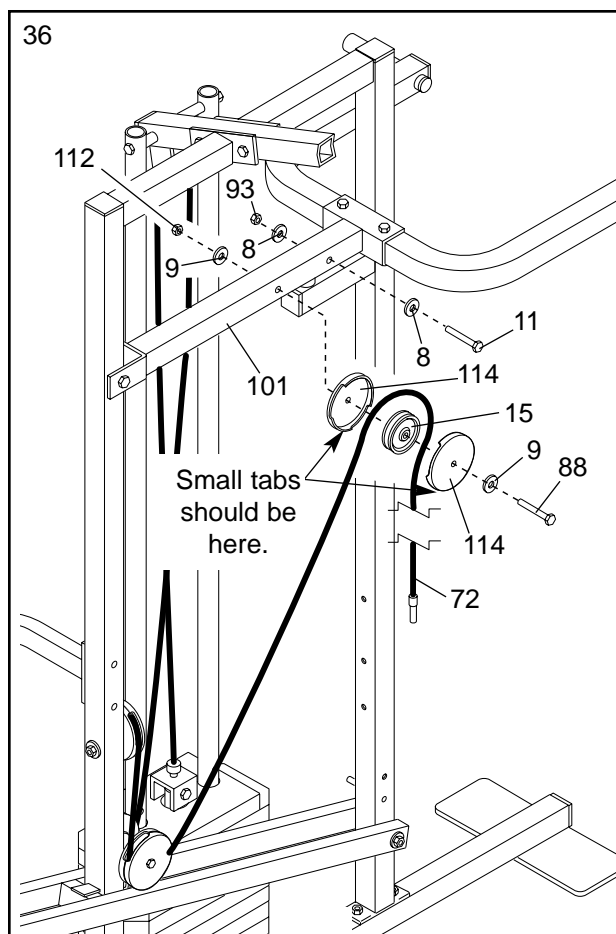
35. Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley and a set of Pulley Covers (114) to the Assist Upright (74) with a 3/8" x 3 3/4" Bolt (88), two 3/8" Flat Washer (9), and a 3/8" Nylon Jam Nut (112). **Be sure that the Cable is routed around the Pulley as shown.**

Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley, a set of Pulley Covers (114), and a 3/8" Flat Washer (9) to the other bracket on the Assist Arm (105) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable and Pulley move smoothly. Be sure that the large tabs on the Pulley Covers (114) are in the positions shown.**



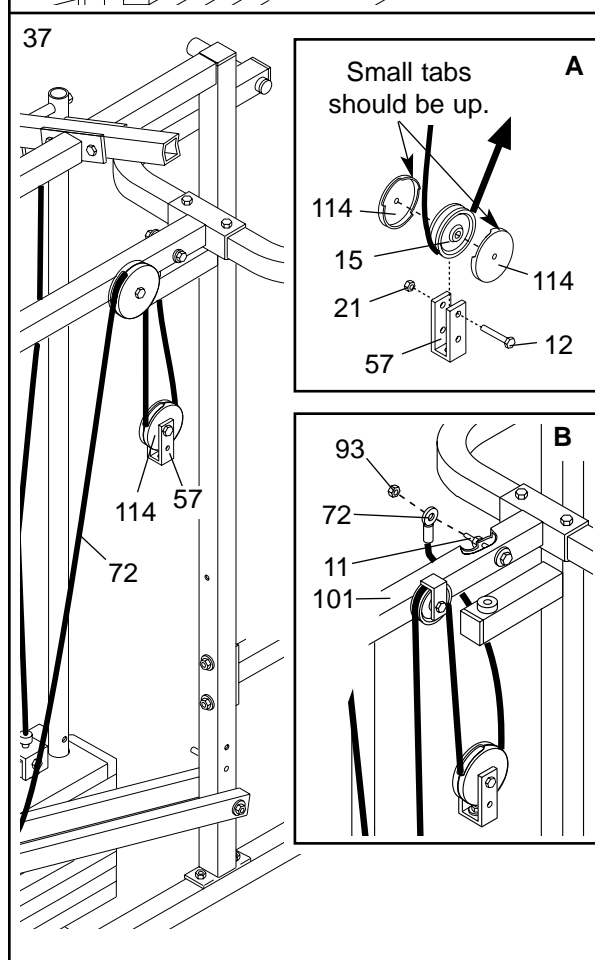
36. Slide a 5/16" Flat Washer (8) onto a 5/16" x 2 3/4" Bolt (11). Insert the Bolt through the indicated hole in the Pivot Arm (101). **The Bolt must be inserted from the side shown.** Slide another 5/16" Flat Washer (8) onto the Bolt. Fully tighten a 5/16" Nylon Jam Nut (93) onto the Bolt.

Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley, a set of Pulley Covers (114), and two 3/8" Flat Washer (9) to the Pivot Arm (101) with a 3/8" x 3 3/4" Bolt (88) and a 3/8" Nylon Jam Nut (112). **Be sure that the Pulley is on the side shown and that the small tabs on the Pulley Covers are in the position shown.**



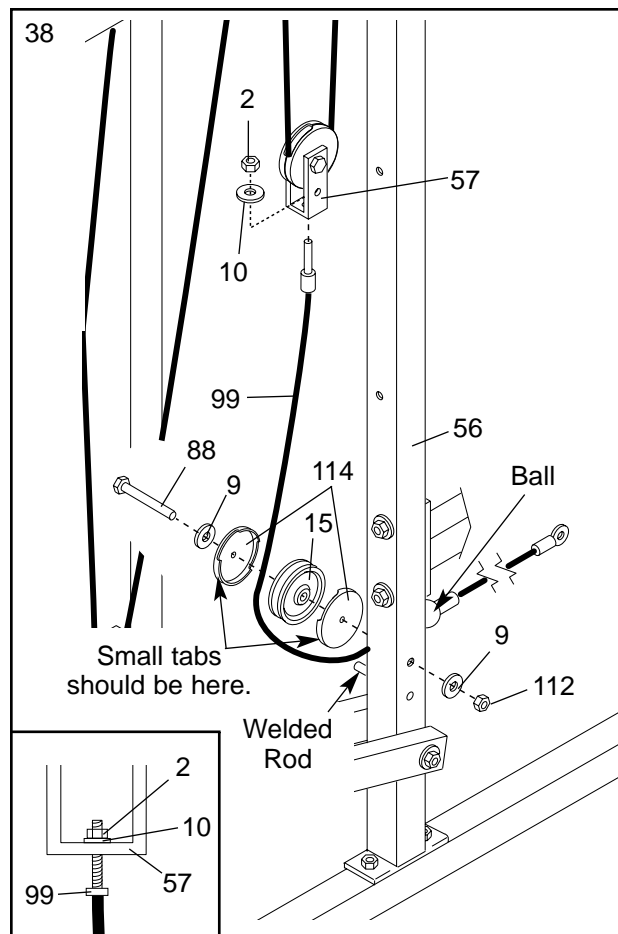
37. See inset drawing A. Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley and a set of Pulley Covers (114) to the upper hole in a Long "U"-Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Note: This may be pre-assembled. Be sure that the small tabs on the Pulley Covers are in the indicated location.**

See inset drawing B. Slide the end of the Military Press Cable (72) onto the end of the 5/16" x 2 3/4 Bolt (11) in the Pivot Arm (101). Thread another 5/16" Nylon Jam Nut (93) onto the Bolt. **Do not fully tighten the second Jam Nut. There must be room between the two Jam Nuts for the end of the Cable to pivot.**



38. **Locate the Leg Press Cable (99).** Attach the end of the Leg Press Cable to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

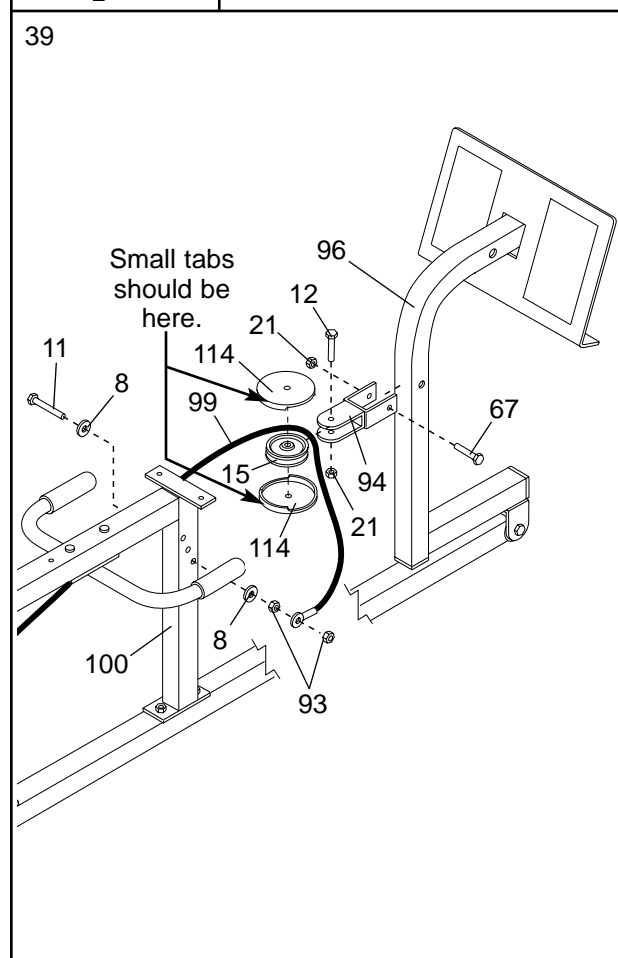
Wrap the Leg Press Cable (99) around a 3 1/2" Pulley (15). Attach the Pulley and a set of Pulley Covers (114) to the Leg Press Upright (56) with the 3/8" x 3 3/4" Bolt (88), two 3/8" Flat Washer (9), and a 3/8" Nylon Jam Nut (112). **The ball on the Cable must be on the indicated side of the Pulley. Be sure that the Cable and Pulley move smoothly and that the small tabs on the Pulley Covers are in the indicated location.**



39. Attach the Press Bracket (94) to the Leg Press Arm (96) with a 3/8" x 3 1/4" Bolt (67) and a 3/8" Nylon Locknut (21).

Wrap the Leg Press Cable (99) around a 3 1/2" Pulley (15). Attach the Pulley and a set of Pulley Covers (114) inside the Press Bracket (94) with the 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure the small tabs on the Pulley Covers are in the position shown.**

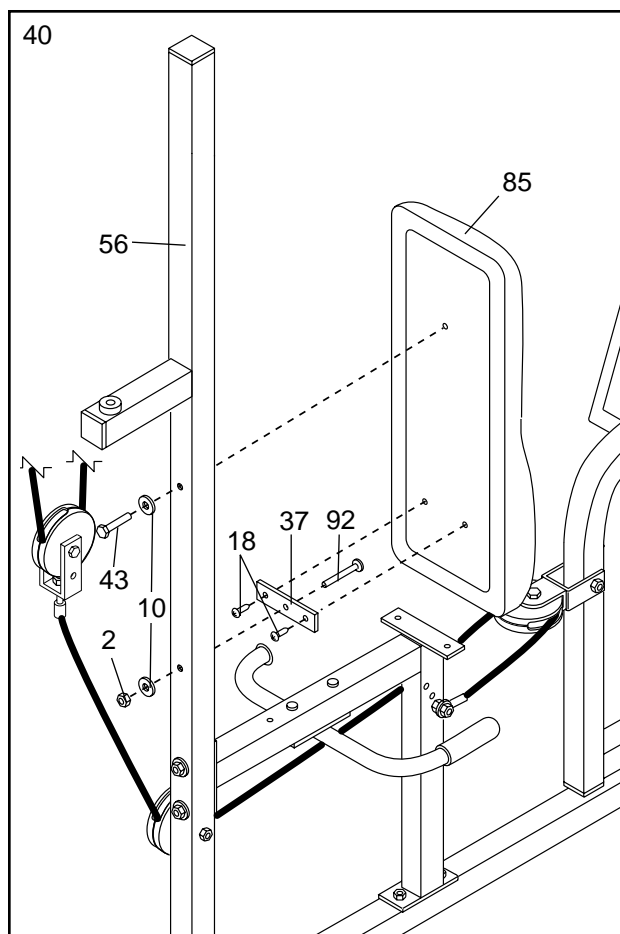
Slide a 5/16" Flat Washer (8) onto a 5/16" x 2 3/4" Bolt (11). Insert the Bolt through the lowest hole in the Rear Seat Frame (100) from the indicated side and slide another 5/16" Flat Washer onto it. (Note: The three holes are for cable adjustment.) Tighten a 5/16" Nylon Jam Nut (93) onto the Bolt. Slide the end of the Leg Press Cable (99) onto the end of the Bolt. Thread another 5/16" Nylon Jam Nut onto the Bolt. **Do not fully tighten the second Jam Nut. There must be room between the two Jam Nuts for the end of the Cable to pivot.**



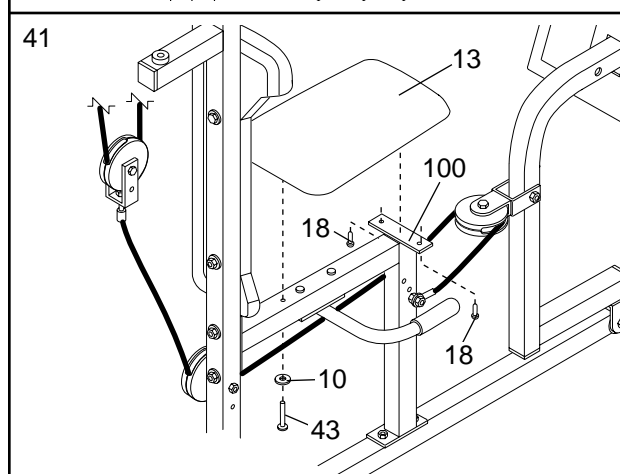
40. **Locate and open the parts bag labelled "SEAT ASSEMBLY."**

Insert a 1/4" x 2 1/2" Carriage Bolt (92) through the centre hole in a Seat Plate (37). Attach the Seat Plate to the Rear Backrest (85) with two 1/4" x 3/4" Screws (18).

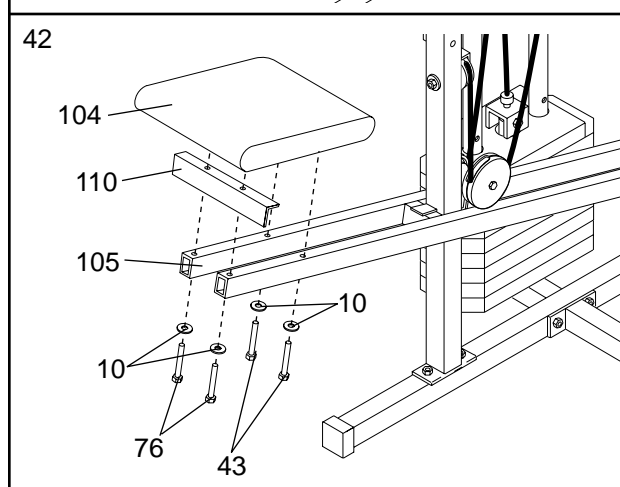
Insert the 1/4" x 2 1/2" Carriage Bolt (92) through the indicated hole in the Leg Press Upright (56). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt. Attach the top of the Rear Backrest (85) to the Leg Press Upright with a 1/4" x 2 1/2" Screw (43) and a 1/4" Flat Washer (10).



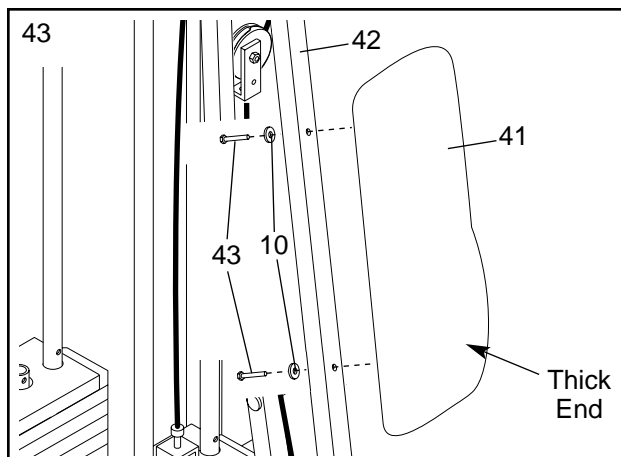
41. Attach one end of a Seat (13) to the Rear Seat Frame (100) with two 1/4" x 3/4" Screws (18). Attach the other end of the Seat to the Rear Seat Frame with a 1/4" Flat Washer (10) and a 1/4" x 2 1/2" Screw (43).



42. Attach the Assist Seat (104) and the Angle Bracket (110) to the Assist Arm (105) with two 1/4" x 2 3/4" Screws (76) and two 1/4" Flat Washers (10). Finish attaching the Assist Seat with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



43. Attach the Front Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10). The Backrest must be oriented as shown.

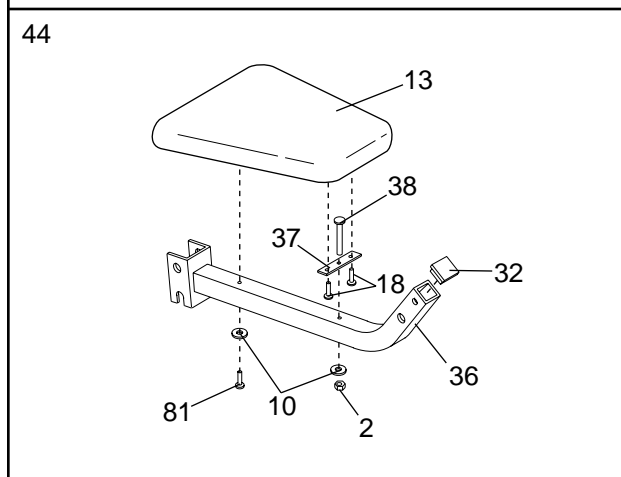


44. Press a 1 1/2" Square Inner Cap (32) into the Front Seat Frame (36).

Insert a 1/4" x 2" Carriage Bolt (38) through the centre hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) through the indicated hole in the Front Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

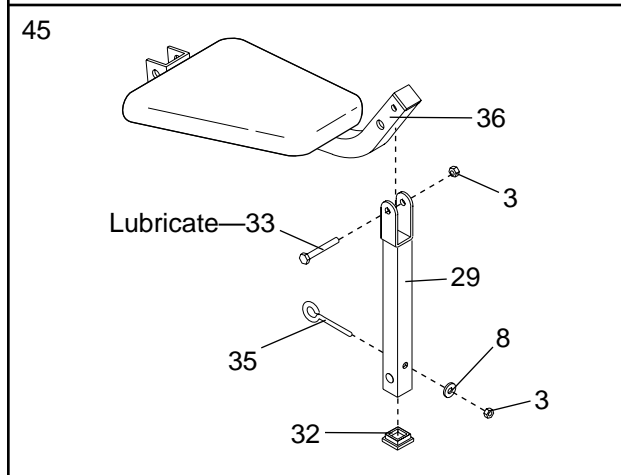
Attach the other end of the Seat (13) to the Front Seat Frame (36) with a 1/4" Flat Washer (10) and a 1/4" x 2" Machine Screw (81).



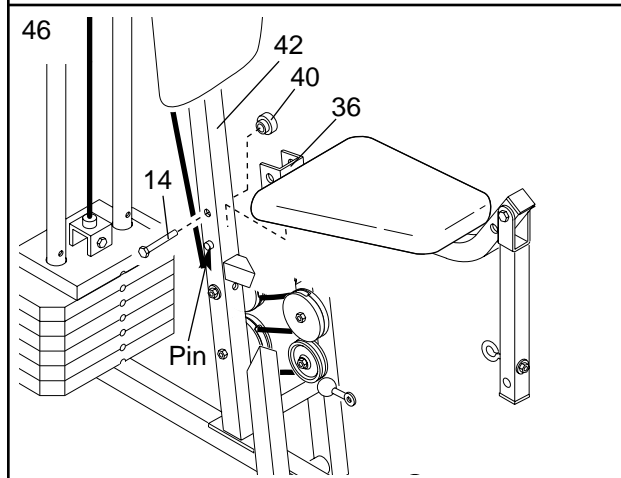
45. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Front Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3).

Insert the 5/16" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16" Nylon Locknut (3) with a 5/16" Flat Washer (8) onto the Eyebolt.



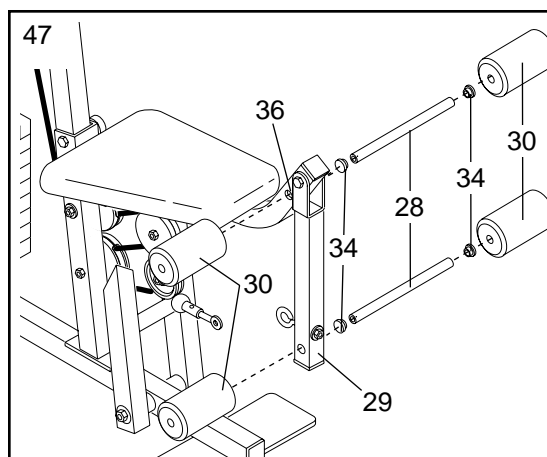
46. Rest the Front Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Front Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).



47. Press two 3/4" Round Inner Caps (34) into each Pad Tube (28).

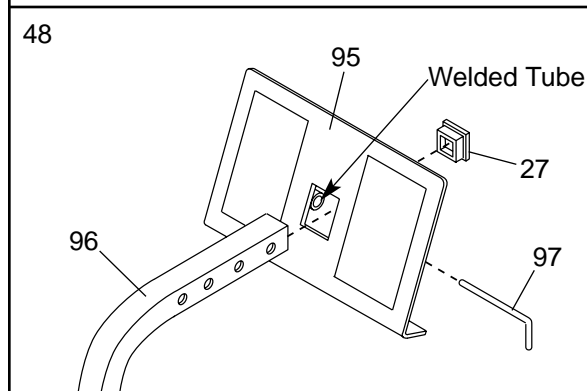
Insert a Pad Tube (28) into the Front Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.



48. Align the welded tubes on the Leg Press Plate (95) with one set of holes in the Leg Press Arm (96). Attach the Leg Press Plate to the Leg Press Arm with the Press Pin (97).

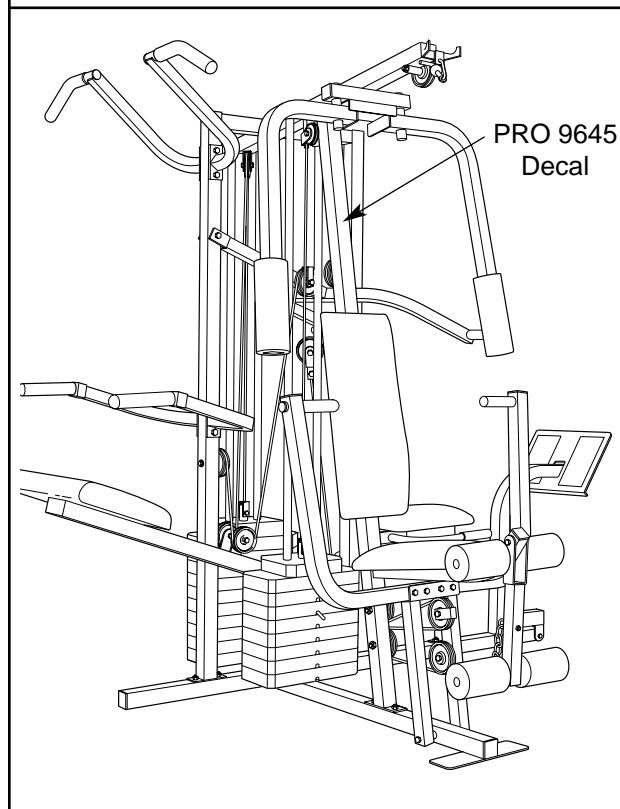
Press a 2" Square Inner Cap (27) into the Leg Press Arm (96).



49. Remove the backing from the PRO 9645 decal and apply it to the home gym system where shown.

Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO USE THE HOME GYM SYSTEM, beginning on page 23 of this manual.

Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 27 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 26.**



HOW TO USE THE HOME GYM SYSTEM

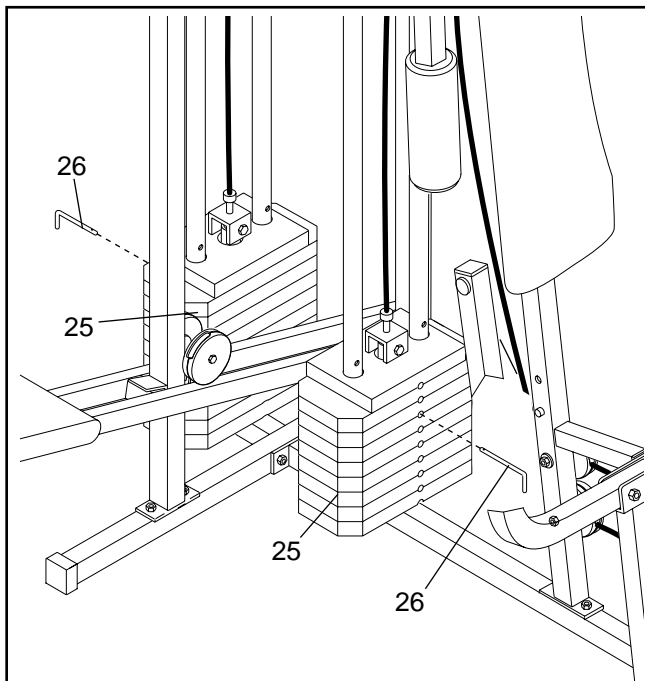
The instructions below describe how each part of the home gym system can be adjusted.

IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

CHANGING THE WEIGHT SETTING

The home gym system features two weight stacks. The front weight stack is connected to the upper and lower pulleys, the press arm, and the butterfly arms. The rear weight stack is connected to the military press arm, assist arm, and leg press.

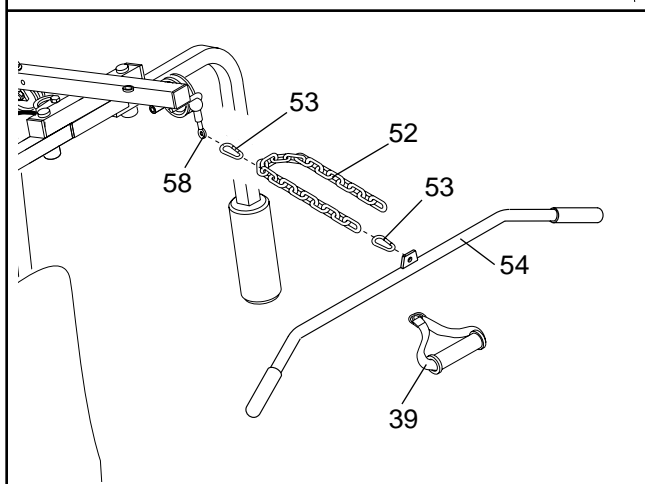
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6,5 pounds to 106,5 pounds, in increments of 12,5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 25 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the High Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

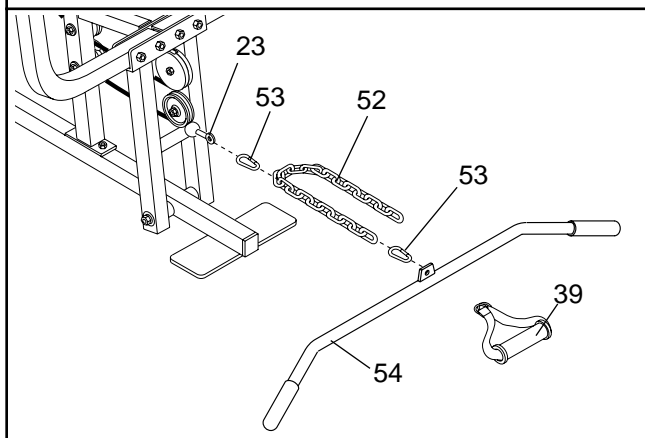
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Low Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

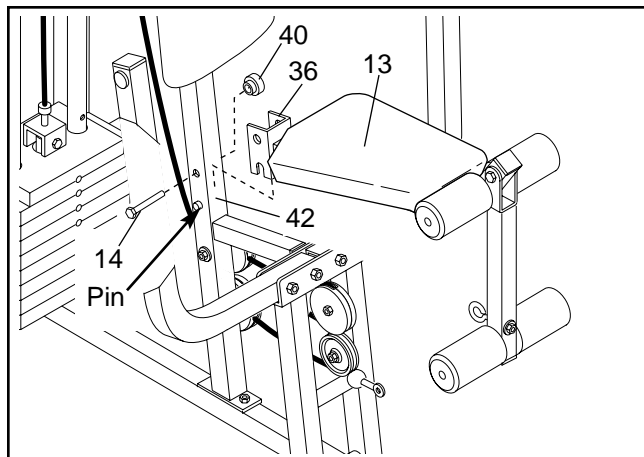
The Nylon Strap (39) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

To attach the Seat (13), set the bracket on the Front Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Front Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

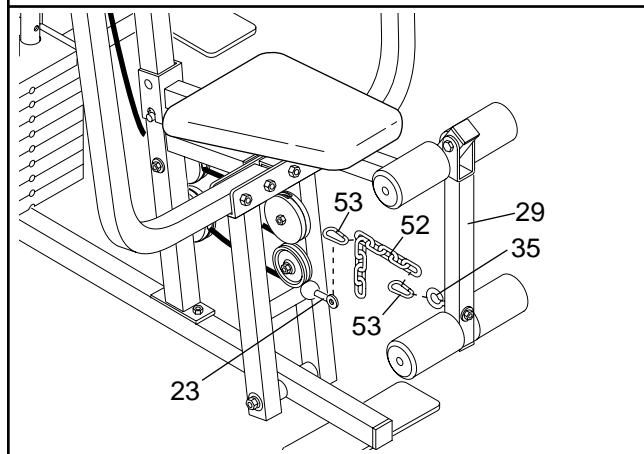
For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Front Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

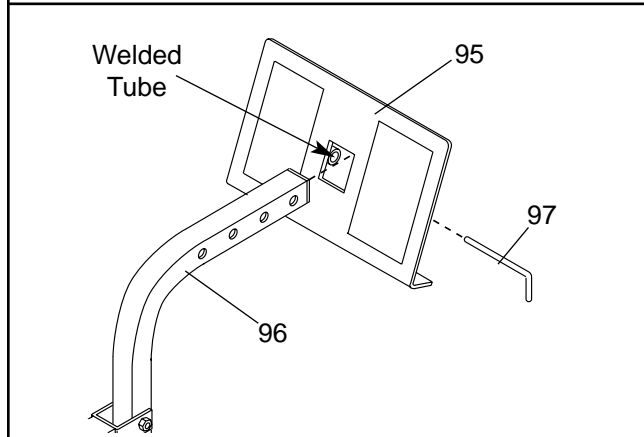
Attach one end of the Chain (52) to the Low Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.



ADJUSTING THE LEG PRESS PLATE

Remove the Press Pin (97) from the Leg Press Plate (95) and the Leg Press Arm (96).

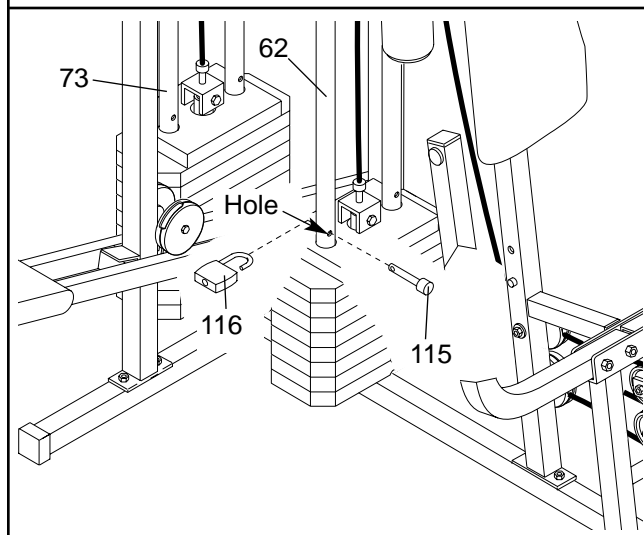
Align the welded tubes on the Leg Press Plate (95) with the desired set of holes in the Leg Press Arm (96). Re-insert the Press Pin (97) through the welded tubes on Leg Press Plate and the holes in the Leg Press Arm.



LOCKING THE WEIGHT STACK

To prevent unauthorised use of the home gym system, insert the Locking Bar (115) into the indicated hole in one of the Weight Guides (62 or 73) and secure the Locking Bar with the Lock (116).

Remove the Locking Bar (115) before using the home gym system again.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. “Top” refers to the 6,5-pound top weight. The other numbers refer to the 12,5-pound weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. **Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	MILITARY PRESS ARM (lbs.)	LEG PRESS (lbs.)	ASSIST ARM (lbs.)
Top	31	17	25	23	36	30	36	11
1	59	35	50	36	67	51	78	38
2	81	40	71	54	95	74	123	66
3	104	70	97	70	123	97	171	95
4	132	80	111	88	155	115	219	117
5	154	110	131	98	191	135	265	142
6	196	115	156	120	220	164	299	186
7	206	130	172	135	252	183	333	213
8	227	140	184	144	273	194	387	232
9	–	–	–	–	–	218	440	256
10	–	–	–	–	–	246	455	293

Note: 1 lb = .454 kg

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the front weight stack, both the High Cable (58) and the Low Cable (23) will need to be tightened. If any slack is felt when using the rear weight stack, both the Military Press Cable (72) and the Leg Press Cable (99) will need to be tightened.

To tighten the cables, insert the weight pin into the middle of the weight stack. Slack can be removed from the cables several ways:

- See drawing 1. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Low Cable (23) to the Long "U"-Bracket (57).

The Leg Press Cable (99) can be tightened in the same manner.

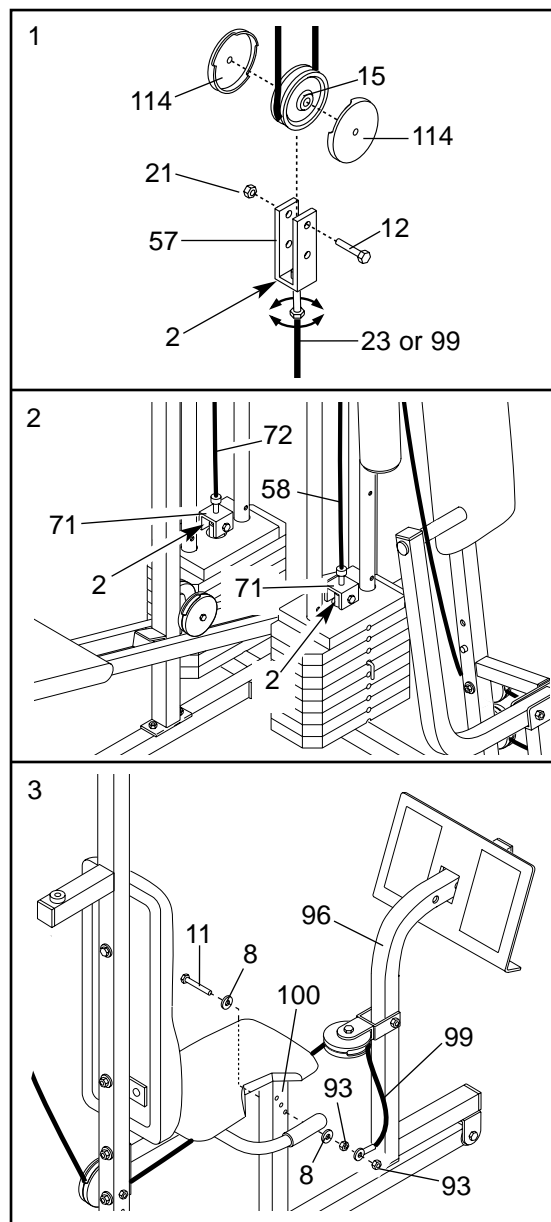
- See drawing 1. Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Pulley Covers (114), the 3 1/2" Pulley (15), and a Long "U"-Bracket (57). Re-attach the Pulley and Pulley Covers to the lower hole in the Long "U"-Bracket. Be sure that the small tab on the Pulley Cover is facing up, and that the Cable and Pulley move smoothly.

The other Long "U"-Bracket (57) can be adjusted in the same manner.

- See drawing 2. Tighten the 1/4" Nylon Locknut (2) that connects the end of the High Cable (58) to the Small "U"-Bracket (71).

The Military Press Cable (72) can be tightened in the same manner.

- See Drawing 3. If additional slack is felt while using the Leg Press Arm (96), then the end of the Leg Press Cable (99) must be moved to the next hole in the Rear Seat Frame (100). Remove the 5/16" x 2 3/4" Bolt (11), the 5/16" Flat Washer (8), the end of the Cable, and both 5/16" Nylon Jam Nuts (93) from the Rear Seat Frame. Re-attach the Bolt, the Washer, the end of the Cable, and both Nylon Jam Nuts to the next hole in the Rear Seat Frame.

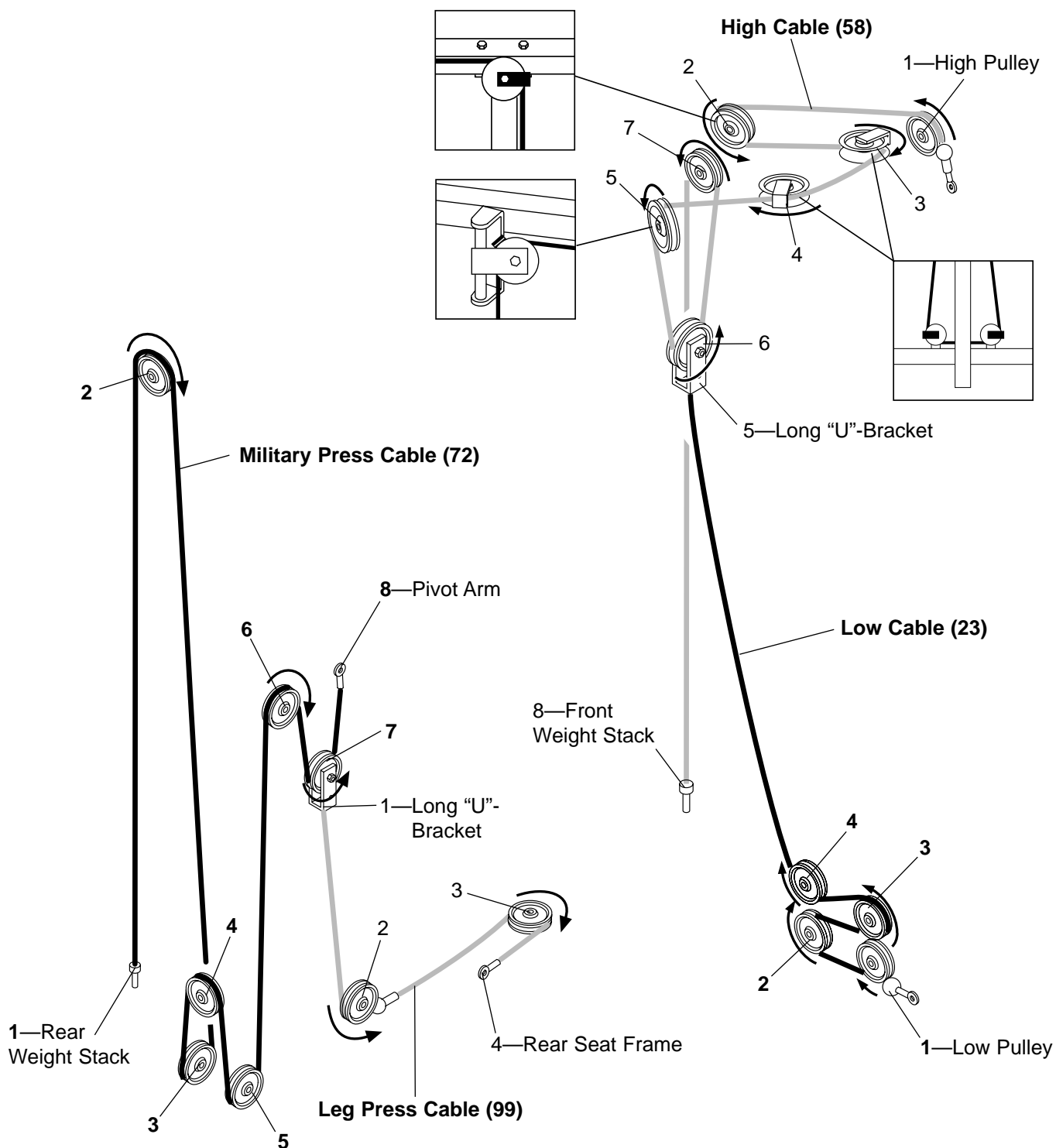


Do not overtighten the cables, as this will cause the top weight to be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

The cables need to be replaced every two years. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAMS

The cable diagrams on this page show the proper routing of the High Cable (58), the Low Cable (23), the Military Press Cable (72), and the Leg Press Cable (99). Use the diagrams to be sure that the four cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The insets show the proper positioning of the cable traps. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

Tel: Country Code:

0345-089009

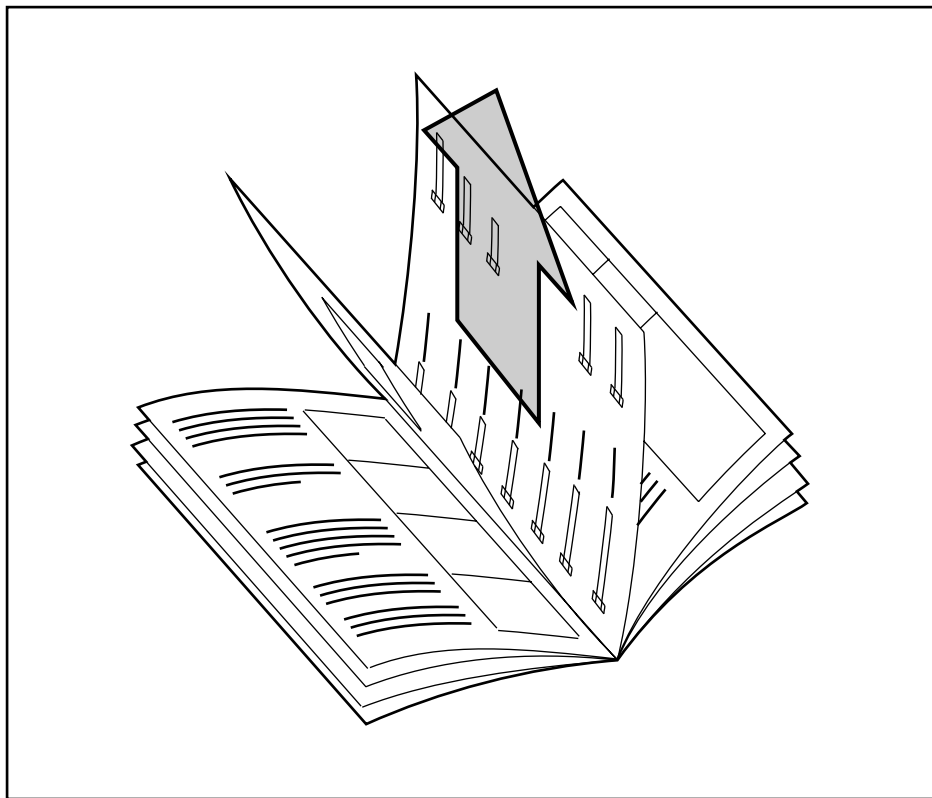
Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

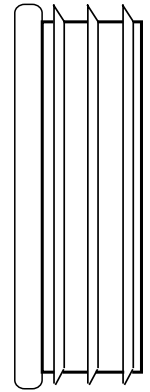
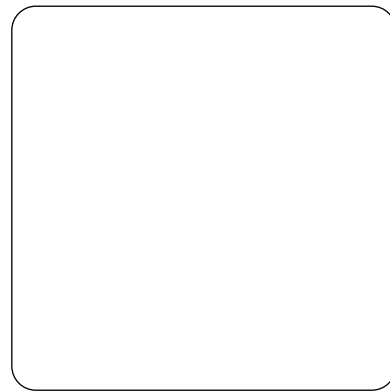
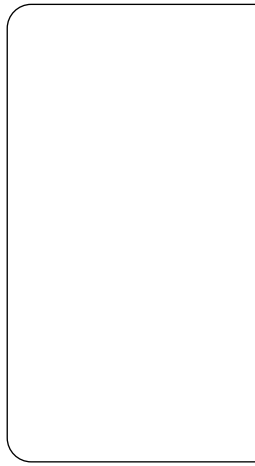
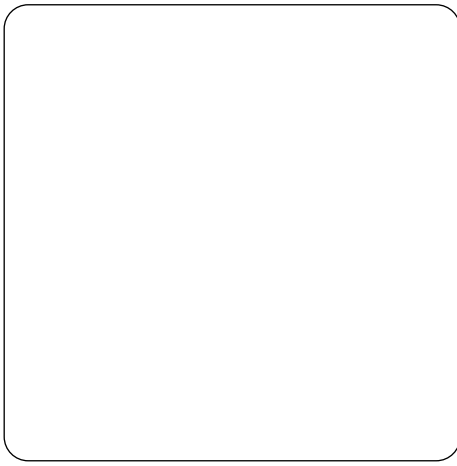
1. The MODEL NUMBER of the product (WEEVSY62000)
2. The NAME of the product (WEIDER® PRO 9645 home gym system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the centre of this manual).

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

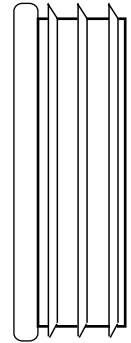
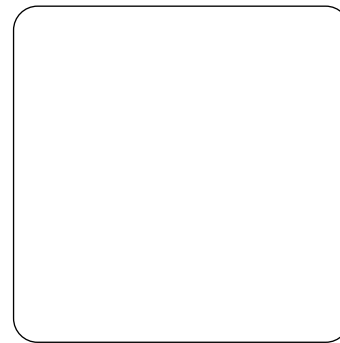
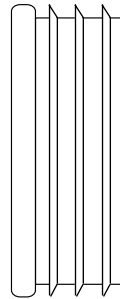
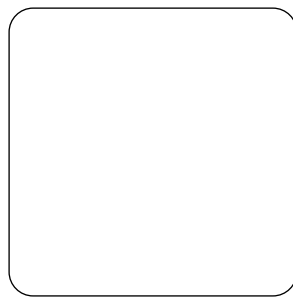
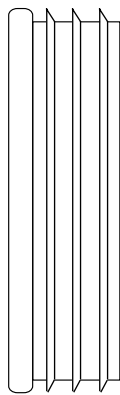
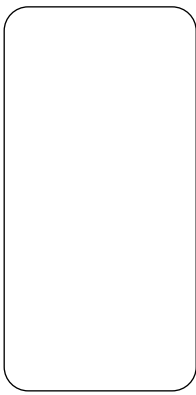


Note: Assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately. WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELLED FOR THAT ASSEMBLY STAGE.



2" Square Inner Cap (27)

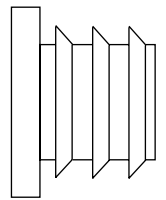
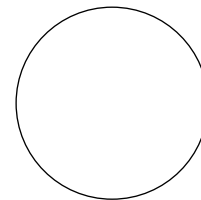
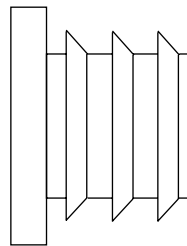
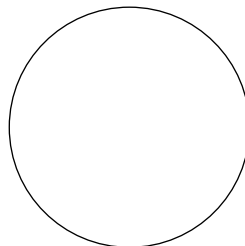
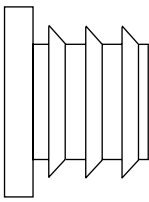
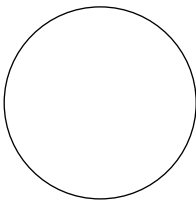
2" Square Outer Cap (51)



1 1/2" Square Inner Cap (32)

1 3/4" Square Inner Cap (44)

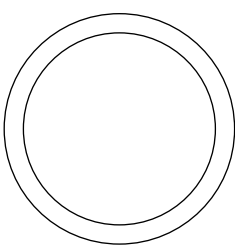
1" x 2" Inner Cap (107)



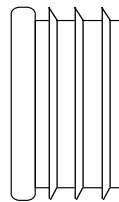
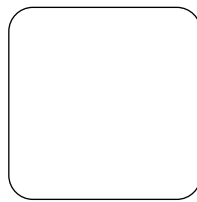
Round Inner Cap (111)

1 1/4" Round Inner Cap (109)

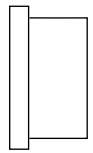
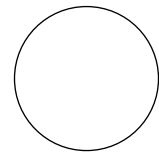
1" Round Inner Cap (49)



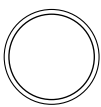
1" Round Cover Cap (70)



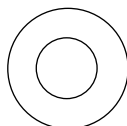
1" Square Inner Cap (6)



3/4" Round Inner Cap (34)



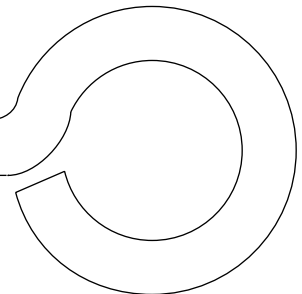
1/2" x 3/4" Spacer (61)

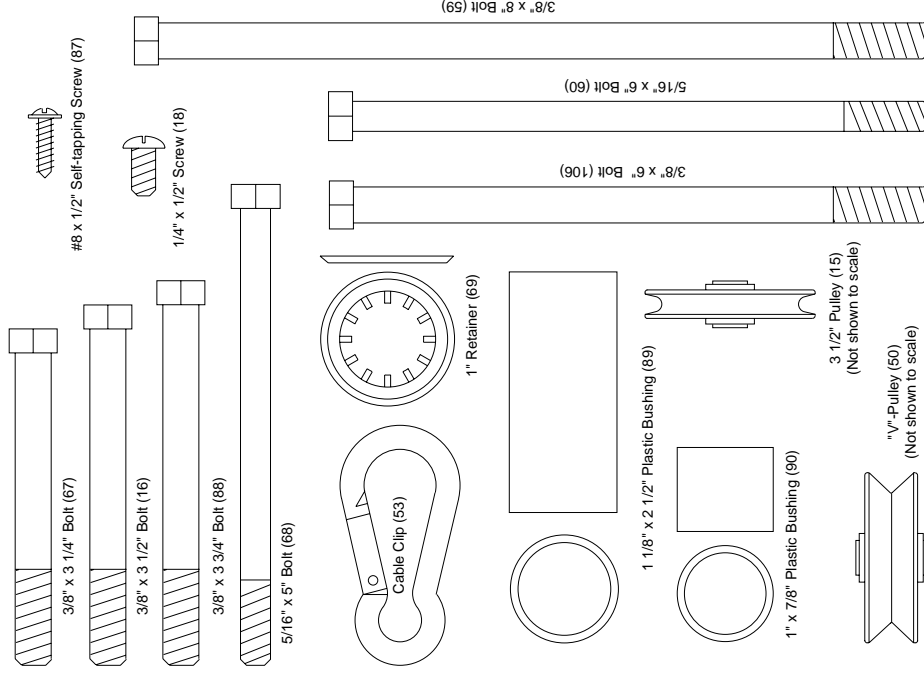
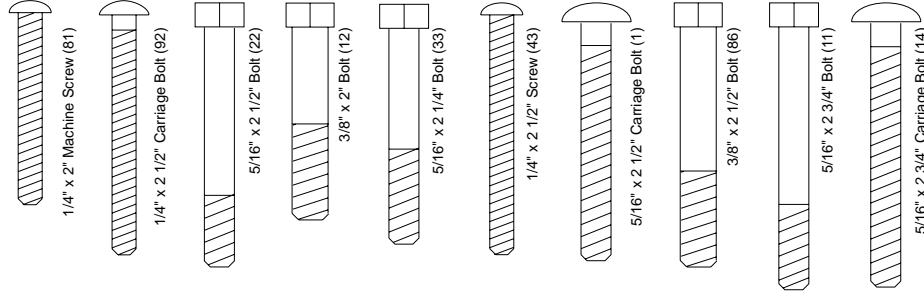
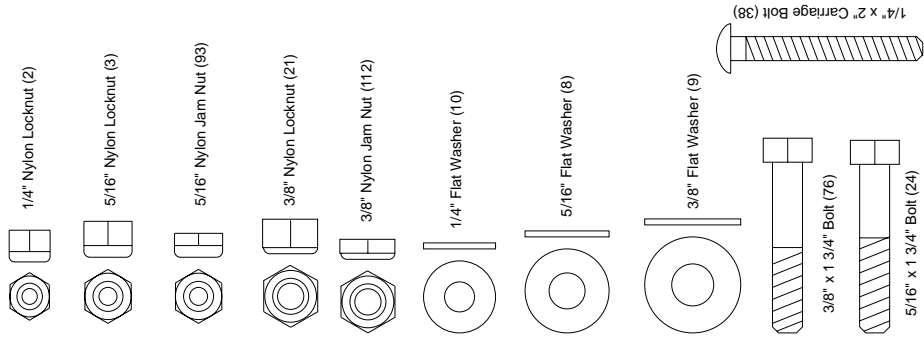


5/8" x 9/16" Spacer (7)

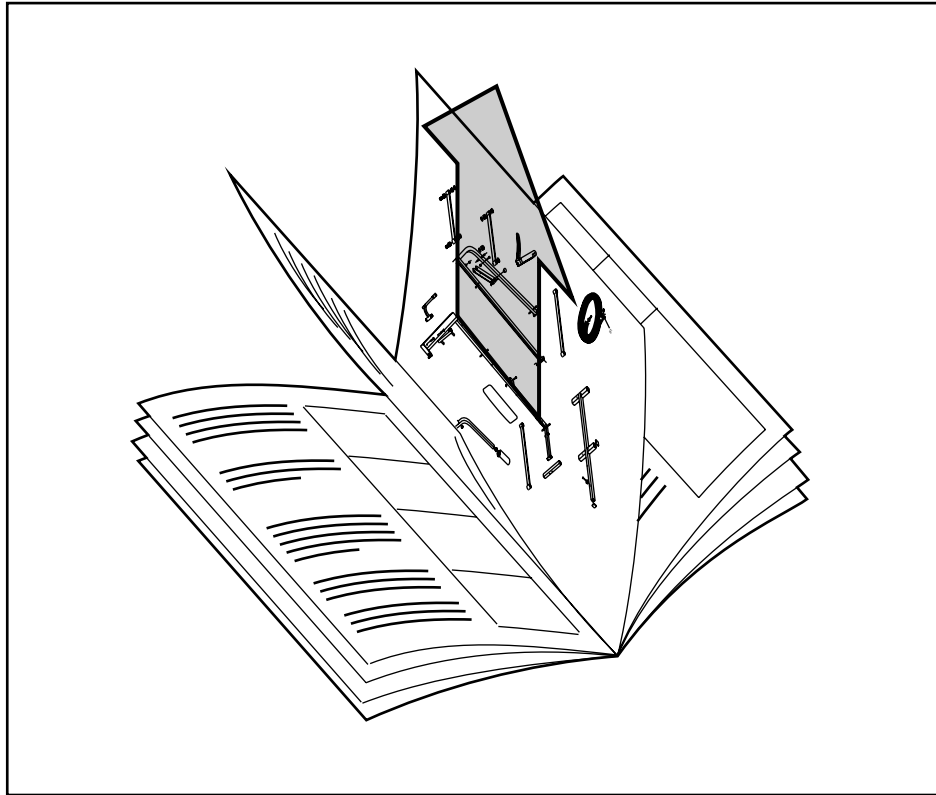


5/16" x 2" Eyebolt (35)





**REMOVE THIS PART LIST/EXPLODED
DRAWING CHART FROM THE MANUAL**



PART LIST—Model No. WEEVSY62000

R0301A

Key Qty. No.	Description	Key Qty. No.	Description	Key Qty. No.	Description
1 10	5/16" x 2 1/2" Carriage Bolt	41 1	Front Backrest	82 1	Handle
2 6	1/4" Nylon Locknut	42 1	Front Upright	83 8	5" Plastic Handgrip
3 35	5/16" Nylon Locknut	43 6	1/4" x 2 1/2" Screw	84 1	Military Press Arm
4 1	Base	44 6	1 3/4" Square Inner Cap	85 1	Rear Backrest
5 1	Stabiliser	45 2	10" Pad	86 4	3/8" x 2 1/2" Bolt
6 1	1" Square Inner Cap	46 2	Press Arm	87 2	#8 x 1/2" Self-tapping Screw
7 1	5/8" x 9/16" Spacer	47 1	Left Arm	88 7	3/8" x 3 3/4" Bolt
8 11	5/16" Flat Washer	48 1	Right Arm	89 2	1 1/8" x 2 1/2" Plastic Bushing
9 17	3/8" Flat Washer	49 4	1" Round Inner Cap	90 2	1" x 7/8" Plastic Bushing
10 15	1/4" Flat Washer	50 4	"V"-Pulley	91 2	Rubber Bumper
11 14	5/16" x 2 3/4" Bolt	51 2	2" Square Outer Cap	92 1	1/4" x 2 1/2" Carriage Bolt
12 7	3/8" x 2" Bolt	52 1	Chain	93 4	5/16" Nylon Jam Nut
13 2	Seat	53 3	Cable Clip	94 1	Press Bracket
14 1	5/16" x 2 3/4" Carriage Bolt	54 1	Lat Bar	95 1	Leg Press Plate
15 14	3 1/2" Pulley	55 1	Top Frame	96 1	Leg Press Arm
16 1	3/8" x 3 1/2" Bolt	56 1	Leg Press Upright	97 1	Press Pin
17 1	Press Frame	57 2	Long "U"-Bracket	98 2	Bushing
18 6	1/4" x 3/4" Screw	58 1	High Cable	99 1	Leg Press Cable
19 4	Weight Bumper	59 1	3/8" x 8" Bolt	100 1	Rear Seat Frame
20 1	Pulley Bracket	60 2	5/16" x 6" Bolt	101 1	Pivot Arm
21 19	3/8" Nylon Locknut	61 4	1/2" x 3/4" Spacer	102 1	3 1/2" Low Pulley
22 4	5/16" x 2 1/2" Bolt	62 2	Long Weight Guide	103 2	Handle Cap
23 1	Low Cable	63 1	Long Weight Tube	104 1	Assist Seat
24 2	5/16" x 1 3/4" Bolt	64 2	Weight Tube Bumper	105 1	Assist Arm
25 18	Weight	65 2	Top Weight	106 1	3/8" x 6" Bolt
26 2	Weight Pin	66 1	Cable Trap	107 2	1" x 2" Inner Cap
27 8	2" Square Inner Cap	67 3	3/8" x 3 1/4" Bolt	108 1	Short Weight Tube
28 2	Pad Tube	68 1	5/16" x 5" Bolt	109 6	1 1/4" Round Inner Cap
29 1	Leg Lever	69 4	1" Retainer	110 1	Angle Bracket
30 4	Foam Pad	70 2	1" Round Cover Cap	111 2	Round Inner Cap
31 3	Long Cable Trap	71 2	Small "U"-Bracket	112 5	3/8" Nylon Jam Nut
32 4	1 1/2" Square Inner Cap	72 1	Military Press Cable	113 2	Short Handgrip
33 3	5/16" x 2 1/4" Bolt	73 2	Short Weight Guide	114 22	Pulley Covers
34 4	3/4" Round Inner Cap	74 1	Assist Upright	115 2	Locking Bar
35 1	5/16" x 2" Eyebolt	75 1	Left Pull-up Arm	116 2	Lock
36 1	Front Seat Frame	76 2	1/4" x 2 3/4" Screw	117 2	Grip Tape
37 2	Seat Plate	77 1	Right Pull-up Arm	# 1	User's Manual
38 1	1/4" x 2" Carriage Bolt	78 1	Left Dip Arm		
39 1	Nylon Strap	79 1	Right Dip Arm		
40 1	Seat Knob	80 2	Long Handgrip		
		81 1	1/4" x 2" Machine Screw		

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WEEVSY62000

R0301A

